



**Celebs line up to take triathlon challenge**



**Is this the worst salad in Canary Wharf?** **P44**

## THE Maker Mums

Deli Bryan, of Delphine Delovely, was one of a handful of mums who showcased their micro-businesses at Greenwich Market  
**Full story / Page 4**



KAY LOCKETT

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**PLANNING**

## Homes come to the Wharf

**New 'Diamond' unveiled**

Full story • Page 3



**CRIME**

## Four charged with murder

**Man is stabbed to death**

Full story • Page 6

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## WEATHER

**28C TODAY**  
Sunny

**28C FRIDAY**  
Partly cloudy

**22C SATURDAY**  
Light rain

**24C SUNDAY**  
Cloudy

**25C MONDAY**  
Cloudy

## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are both fine.

**ROADS**  
Disruption due to the cycle event, Prudential RideLondon. Go to Sports section for more detail.

## INSIDE

**NEWS**  
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# Agenda

# When the lemon brigade turn sour

I can't abide constant moaners. The sun's out, but they're too hot. They've been let out of work early for drinks on a Friday afternoon, but they'd rather go home.

They've won the lottery, but now they'll just have to deal with begging letters.

They are the people who sit in the corner of a party/the office/life with faces like the Queen, looking utterly, inconsolably miserable. They are the fun suckers.

Fun suckers drain all the joy and happiness out of life. It fuels their bitter soul, like a battery of lemons. Their sole purpose is to whine into

## BLONDE'S EYE VIEW



ANGELA CLARKE

your wine and poop your party. They are the exterminators of ecstasy. The pillagers of pleasure. The grim reapers of rapture. They are also the most annoying people on the planet.

Everyone's entitled to have off days, off weeks even.

You're allowed to bitch until your heart's content when your boss is a grade A ass-hat.

Barmen know we Wharfers have plenty to gripe about – chill blains from constant air con, no rocket in your Pret sarnie, anything to do with the Jubilee line – but once you've let it out, you need to let it go. Move on.

I'm happy to listen, console and

medicate (with alcohol) my mates when they're down, but not if they're down forever.

How tiresome to spend eternity cheerleading someone who refuses to ever look on the bright side. Forget waterboarding, forget death by 1,000 cuts, real torture is trying to comfort a fun sponge.

Fun suckers don't have a chip on their shoulder, they have a whole chip shop, made of chipboard, by a chippie. Well, it's time to dine out on delight.

Fun suckers, buck up or buck off.

Follow Angela on twitter: @TheAngelaClarke

## London eye



REUTERS

Britain's Hannah Cockcroft, right, winner of the women's 100m T33/34 event, poses with team mate Melissa Nicholls after the race during the London Anniversary Games International Para Challenge on Sunday

**A week in London**  
Page 51

## 60 Second Wharf

### NEWS

#### Top of the class

Canary Wharf College, opened only recently as a Free school, has earned high praise from watchdog Ofsted.

News • Page 5

#### Back down to earth

A 40-year-old former addict from Stratford has told how sci fi models helped him turn his life around.

News • Page 6

#### The slippery slopes

Fresh from the summer Games, Stratford could see skiing come to town with the biggest indoor ski centre.

News • Page 11

### FEATURES

#### Disaster, pure and simple

Pure has opened its doors on Canada Square Mall – but it's salad is not up to much according to our critic.

Food • Page 44

#### Win a meal for two

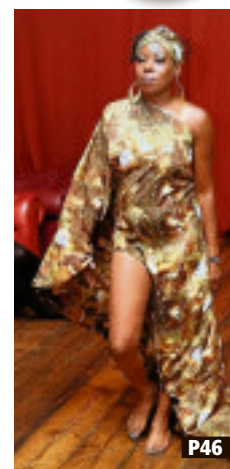
Win a meal for two worth £150 at innovative Circus in Covent Garden where steaks and surreal mix.

Food • Page 44

#### Purring on the catwalk

A disaster turned to triumph for Shaqueen Wilson who founded a platform for fashion designers.

Fashion • Page 46



P46

## What our writers are talking about



One of my dearest friends has discovered her husband has been visiting XXX-rated websites and phoning sex lines.

Tabitha Ronson

It was a Labour government that brought in the disastrous PFI and brought the market into our NHS.

Lutfur Rahman

The pretensions of the film are cleverly sustained but, surely, it is only one blood-gushing torture scene away from parody.

Giles Broadbent

The process of menu delivery, aperiitif conjuring and a la carte ordering is curiously disjointed. Staff are all at odds.

Jon Massey

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# Tower bid to bring homes on to Wharf

## PLANNING

CWG's strategic shift away from office blocks

Rob.Virtue  
@wharf.co.uk

A 58-storey residential scheme dubbed "the Diamond Tower" has been proposed for Canary Wharf.

The scheme represents the latest foray from Canary Wharf Group into adding residential to the estate, following recent plans for Wood Wharf.

The proposal has been submitted to Tower Hamlets Council's planning committee. If approved it will be placed by the Heron Quays roundabout and house 566 apartments.

In its planning application it said office space was ruled out because "the level of planned office development in Tower Hamlets is more than sufficient to accommodate future demand".

It also added the site could not deliver "large office floorplates".

Canary Wharf Group had previously been given planning permission for a 37-storey tower back in 2008.

That was for a 150-bedroom hotel but it was later considered "not commercially viable".

As well as residential units, the design by Horden Cherry Lee Architects – called the Diamond because of its criss-cross pattern – also includes a health club and retail space.

Meanwhile, another residential scheme could be heading to South Quay, after Berkeley Homes submitted a scoping report to Tower Hamlets over a three tower property-led development.

The tallest tower will reach 80 storeys.



The "Diamond Tower"

The two latest proposals came just days after Tower Hamlets Council's planning committee approved the City Pride scheme at Westferry Road.

Developer Chalegrove Properties is now waiting on Mayor of London Boris Johnson to sign off the scheme for the 75-storey tower holding 825 flats.

However, campaigners say many Isle of Dogs' residents have already written to Mr Johnson asking for him to overrule the council's decision.

The scheme decants the social housing obligation to a second development in Island Gardens, against the council's own policy guidelines on social cohesion.

Labour's candidate for Tower Hamlets Mayor John Biggs said the scheme was consistent with planning policies but added: "While high densities for some developments may still be appropriate on parts of the borough this policy needs to be urgently reviewed."

"As Mayor of Tower Hamlets, I would want to urgently review the parts of the borough plan that talk about densities."

## NEWS IN BRIEF

Around east London

### Road rage victim dies after attack

**NEWHAM** A man who was punched in the head during a road rage incident has died.

The unnamed victim was involved in an altercation with another driver in Lonsdale Avenue on July 15. He was taken to hospital with a serious head injury.

His condition deteriorated and he died on Thursday.

On July 16, police arrested a 19-year-old in connection with the incident and he was later charged with assault.

### M&S bring lunch to the Square

**CANARY WHARF** An M&S pop-up park, encouraging people to leave their desks for lunch, is operating in Canary Wharf this week.

Based at Montgomery Square it will be offering products from its Food On The Move, Delicious and Nutritious and Summer and Classic ranges, including sandwiches, snacks and salads.

The pop-up park opened yesterday and will be in place until Friday.

## Do you keep missing those mid-morning deliveries from Amazon?

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# Mums given taste of life on a market stall

**PEOPLE** Kay Lockett talks to women about their micro-businesses

**C**rafty mumtrepreneurs were given a taste of market trading to test out their micro-businesses on a stall at Greenwich Market on Wednesday.

Ten Greenwich mums who, all members of local parenting website Greenwichmums.com, took up the challenge of a day's trading for free, as part of a Love Your Local Market 2013 initiative, created to give small businesses an insight into how to run a market stall.

The criteria was to bring their kitchen table businesses to the market, with items to sell that were handmade and followed an independent designer-maker ethos.

Ben Niblett, Greenwich Market manager said: "We realised working with Greenwichmums.com would



**James and Rebecca Thomson, founders of Greenwichmums.com**

enable us to reach a group of people who are truly local and who might be interested in taking first steps to set up their own businesses.

"We are also advising them on how to display their merchandise and how best to run their stalls."

The enterprising women showcased crafts including vintage style

handmade clothes, candle making kits and children's cushions as well as handmade chocolates and holistic massages.

Greenwichmums.com, a website that offers busy parents ideas for entertaining children, information on childcare, jobs, events and provides a forum for discussion groups, helped facilitate the event and looked to help local mums take the first step on to the road to running a stall or shop.

Rebecca Thomson, the site's co-founder said: "This is our way of working with Greenwich Market to support local mums."

"Some of them thought a stall here was too expensive or completely beyond their reach and capabilities, so this free taster day has opened up their eyes to future possibilities."

## Casey Marsh Kasies Komforts

■ Kasies Komforts lets customers select favourite pieces of a child's clothing and they will be turned into a customised, handmade keepsake.

Casey said: "It all started with my second child. I had a girl and kept all her clothes and then had a boy. I had all these baby clothes I didn't know what to do with, so started making cushions out of them. Everyone thought it was a great idea and then I began to personalise them with sewn on names and messages."

"I was a window dresser for 14 years before I had my children, which I loved, but now I can't commit to those kind of hours – running my own business means I can work around childcare."

"I'm now just trying to build the brand after setting up in April this year. It's a really positive thing to have the opportunity to trade at Greenwich Market for the day and communicate with the local people."

"I would love to have a more permanent stall here that I can work around family commitments."

Go to [kasieskomforts.co.uk](http://kasieskomforts.co.uk).



Casey Marsh founded her small company as the hours suited childcare

## Deli Bryan Delphine Delovely

■ Delphine Delovely specialises in made to measure reproduction vintage dresses. Deli also offers private and group sewing tuition where people can learn to make their own clothes.

Deli said: "I was an accountant before I had my children and being a parent doesn't leave you with many brain cells after a hard day. I wanted to do something from home at my own pace."

"I have always used a sewing machine and learned from my grandmother. I made my own clothes and friends started to ask me to make something for them, so I thought I would turn it into a business."

"Everything I make is bespoke and I aim to bring designs of the past into the modern day."

"The opportunity to have a stall at Greenwich Market has been great for exposure and the market manager has already offered me a regular pitch as he said he was impressed with my products, so I hope to be back soon."

Email [deli@delitots.com](mailto:deli@delitots.com).



Deli Bryan has now been offered a regular pitch at the market

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# School earns Ofsted praise

## EDUCATION

**Beth Allcock**  
@wharf.co.uk

**A** Free school that opened its doors to Docklands pupils less than two years ago has secured the highest praise available from Ofsted.

Canary Wharf College has also become the most popular school per pupil place in Tower Hamlets, with its independent educational style and small class sizes.

Children and staff embrace a motto to "Live, Share and Celebrate the

Love of Learning" in a Christian environment that welcomes other faiths.

Ofsted inspectors recently rated the East Ferry Road school as outstanding for its innovative approach to education – centred on maths, phonics and literacy classes as well as a longer school day, three hours a week of sports and an Extended Day Activity Programme.

Sarah Counter, lead proposer and principal, said: "Information technology and science figures high on the agenda too, with children as young as four switching between

interactive whiteboards, touch-screen PCs, Beebots and iPads as their day unfolds.

"With the Government's vision of Tech City blossoming on their doorstep in nearby Canary Wharf, skills in these areas are vital for our children.

"The vision to start a school with funding from the Government, which has never before been possible for the ordinary man and woman on the street, has enabled innovation and creativity at the highest level in a short period of time."



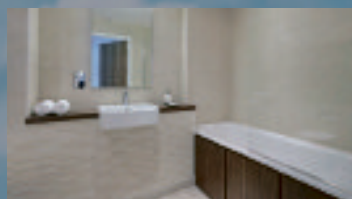
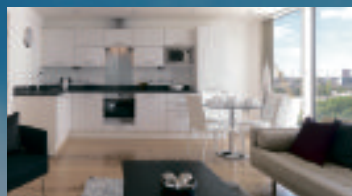
Principal: Sarah Counter

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## News

### NEWS IN BRIEF

Around east London



#### James masks his true whereabouts

**CANARY WHARF** Actor James McAvoy made a return to the Wharf on Monday, in character as ex-criminal Jason Sternwood from Docklands-set crime thriller *Welcome to the Punch*, which was filmed here two years ago.

But all is not as it seems, Wharfers who thought they had spotted a celebrity realised it was all a PR stunt to promote the film's DVD and Blu-ray release.

*The Two Men On A Bench* statue on Mackenzie Walk was given identities as the characters played by McAvoy and Mark Strong in the glossy crime caper.

#### DLR sprint time under challenge

**EAST LONDON** The time set by two students for completing a tour of all the DLR stations is under challenge.

Sam Gunner and Matthew Delaloye claimed that their 2hr 43mins was the fastest time for all 45 stations.

But Nigel White says that he set the record of 2hr 2mins in April last year with his son Sean, a time shown at explorerticket.co.uk where the students' time is listed as 10th.

#### Tinchy heads for Westfield date

**STRATFORD** Urban musician Tinchy Stryder will meet and greet fans at Westfield Stratford City this month.

The 26-year-old star, a former Tower Hamlets resident, announced the visit to promote his new headphone range for the Goji brand on August 22.

## Four charged with murder

POLICE have charged four men in connection with the murder of Liam Hamilton.

They will appear at Thames Magistrates Court on Tuesday. All four are understood to be related to the victim, who died on Friday evening.

Paul Hamilton, 29, of Woodstock Terrace, Poplar; Thomas Hamilton, 36, of Poplar High Street; and Noel Hamilton, 35, of Manchester Road, Isle

of Dogs, were all charged on Monday evening with murder and violent disorder.

James Hamilton, 27, of New Festival Avenue in Poplar, was charged with violent disorder.

Liam, 32, died in hospital on Friday evening from a stab wound to his chest, following an incident in Simpsons Road, Poplar.

**Rob Virtue**



Liam Hamilton: Stab wounds

# How sci-fi saved me from my addictions

### PEOPLE

David says he was on a fatal downward spiral, but now has a garden shed business

**Rob Virtue**  
@wharf.co.uk

**H**e lost nearly 20 years to a crippling drink and drugs addiction but science fiction has brought David Yates back from the brink.

The 40-year-old from Stratford was sucked into world of cannabis and alcohol while he was a teenage art student in the late '80s.

Now, following a grant from government work agency A4e, he has returned to his artistic roots, creating models of characters from sci-fi films.

"I was 19 when I went to art college and hung out with a lot of musicians and artists who took a lot of drugs. While other people moved on, they took hold of me," he said.

"Then after I suffered a terrible personal bereavement, I lost the will to do anything. I filled the deep hole inside me with drink and drugs but that never worked. I kept meaning to get myself together but days turned into weeks and weeks to years."

David hated being on benefits but was trapped in a cycle of despair and dependency, leaving him out of work for a decade.



David Yates, 40, in his shed with some of his sci-fi models

However, help was to come when A4e gave him a £300 grant to buy the materials to get his sci-fi business off the ground.

"It took the support from A4e to help me get motivated to change," he said. "Now I am doing what I love and I have found a creative outlet for all my emotions. I don't need the drink and drugs any more."

Working from his shed he sells the models to sci-fi fans and collectors and is confident he can make a success out of the company.

"I hadn't really thought of turning

it into a business but there are lots of people out there who love sci-fi like me and want these characters in their homes," said David.

"I have moved away from my old friends and my old life. If I do see them, I tell them to kick it to the kerb, move on before they waste their whole lives."

"Individuals have to decide for themselves they want to change. But if you want to, you need support and A4e came just at the right time for me."

Go to [mya4e.com](http://mya4e.com) for more information.

## LCY submits scheme to reconfigure taxiways

### TRANSPORT

LONDON City Airport has submitted a proposal to Newham Council for permission to reconfigure its taxiways to cater for larger, next generation aircraft.

A spokeswoman for the airport said manufacturer's data on the new Bombardier C-Series jets stated they would be quieter than current aircraft.

She said the new aircraft would also undergo noise tests at the airport before they were given permission to fly.

It is also understood the proposal to the council includes new aircraft



**BA's new Spanish flavour**  
Page 50

parking stands, a hotel, a new office building and a forecourt in front of the terminal.

John Stewart, chair of Hacen East, which represents those living under the City Airport flightpath, said residents were seeking assurances they would not be further disrupted.

He said: "City Airport claims the new planes will be quieter but residents need a cast-iron guarantee."

Council officers are currently assessing the planning application.

The airport last launched a consultation into the works in April earlier this year. It said it would bring 1,500 more jobs to the airport and directly contribute £1.5 billion to the economy by 2013.

## Yoga studio shuts

WEST India Quay-based Om Tribe Yoga has closed its doors.

Owners of the studio, which opened in October last year, say they made the decision after finding it was "not viable" to continue running the business.

Members at the Cannon Workshops centre will have their fees refunded.





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## News

### BACK IN BUSINESS

A boy holds a brochure as people explore the Queen Elizabeth Olympic Park during the Open East Festival on Saturday. Open East Festival marks the first anniversary of the London 2012 Olympic Opening Ceremony as well as the start of the phased opening of the park to the public. Among the highlights was Chromatopsia, which saw the river through the park flow fluorescent emerald green.



More pix / Page 9

# And, by the way, it's also pretty well connected

Oxford Circus  
19 minutes

Bank  
11 minutes

Liverpool Street  
9 minutes



## IN BRIEF

### Police arrest 10 in dawn raids targeting gangs

**NEWHAM** Dawn raids across the borough resulted in the arrest of 10 people as police launched a crackdown on gang crime.

A 120-strong team executed 11 warrants targeting "high harm" individuals last week.

Officers arrested 10 people aged between 16 and 22 for offences including aggravated burglary and conspiracy to supply the Class A drugs heroin and crack cocaine.

Det Chief Insp Tim Champion, of Trident Central Gangs Unit, said: "The criminal lifestyle of those arrested has caused misery to residents, creating a hostile place to live due to anti-social behaviour. Those involved should also be aware there is a way out and there are people we can put them in touch with to help turn their lives around, from mentors to education centres and employers."

### Hairdresser prepares for parting as Germany calls

**STRATFORD** A talented hairdresser has proved he is a cut above after scooping a job offer from an established European salon.

Stratford man Michael Findlay, who studies the discipline at Newham College, swapped east London for the east of Germany earlier this year and impressed staff at Friseursalon, in Dresden.

The 34-year-old was offered a job following his two-week placement – something that will be put on hold as he continues his studies at the college and its salon in East Ham.

He said: "I went over there to learn as much as I can about their different techniques. Now, I use six new techniques in my work because of what I learned."



### Olympics fired starting gun on £9bn investment

**STRATFORD** East London has benefitted from £9billion of investment since the Olympic Games was announced in 2005, according to a report released on Friday.

The Centre for Economics and Business Research said the figure shows a shift in perception for Stratford.

Key improvements have seen Stratford Station become the sixth busiest in the capital with more than 100million users.

Mayor of Newham Sir Robin Wales said: "By 2025, we envisage that there will be a minimum of £22billion invested in the area, which will bring 35,000 new homes and 100,000 new jobs."

Prof Philip Dewe, chairman of Stratford Renaissance Partnership, said: "Businesses have recognised the potential of Stratford."





*Sacrilege*, the life-sized inflatable bouncy castle replica of Stonehenge by Turner Prize-winning artist Jeremy Deller in the Queen Elizabeth Olympic Park during the Open East Festival at the weekend.

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65 minutes



stratford halo

Stratford Station  
10 minutes walk



Canary Wharf  
11 minutes

London City  
Airport  
16 minutes

University of  
London  
5 minutes

Paris  
142 minutes

## IN BRIEF

### Festival brings theatre right into living rooms

**STRATFORD** A theatre will be soon be switching its performances from the stage to the sitting room.

The Home Theatre project by Theatre Royal Stratford East will see 30 homes across the capital play host to an array of bespoke performances featuring inspiration from the owners' lives.

In particular, the theatre hopes to capture the spirit of Newham, with 10 places allocated for families living there, a further 10 slots for homes across the East End and 10 more for the rest of the capital.

All 30 Home Theatre productions, organised with the Brazilian Festival Internacional de Cenas em Casa, will be performed and filmed on October 26.

Register at [stratfordeast.com/hometheatre](http://stratfordeast.com/hometheatre).

### 'Honoured' prof lands role as vice chancellor

**DOCKLANDS** The man tasked with leading the University of East London (UEL) said he was honoured to take on the role in a "challenging but exciting time".

Prof John Joughin has been appointed to the vice chancellor position at UEL.

He said: "I look forward to working with students, staff, governors and stakeholders to secure a successful future for the university."

For the past six months he held the position of acting vice chancellor before which he was deputy vice chancellor for two-and-a-half years and responsible for the development of the academic core of the institution as well as management and director positions.



### Woolwich secures £54m for own Crossrail station

**LONDON** Woolwich will have a fully-functioning Crossrail station after a £54million funding deal was agreed.

Transport for London and the Department for Transport confirmed procurement for the fit-out can now take place in preparation for opening in December 2018.

Berkeley Homes had initially taken charge of work on the station box and handed the facility back to Crossrail Limited.

On Thursday, the funding package for the remaining fit-out work was confirmed, with contributions from Berkeley Homes, Greenwich Council and TfL.

Mayor of London, Boris Johnson, said: "I am thrilled that this deal has been signed. It is a massive win for Woolwich and offers enormous potential for local regeneration."

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[www.genesisahomes.org.uk/for-rent](http://www.genesisahomes.org.uk/for-rent)





Competitors emerge from the Royal Victoria Dock near SS Robin



## Celebs line up for crack at triathlon challenge

### EVENT

ON the anniversary of the opening of the London 2012 Games, Virgin Active London Triathlon participants swam, cycled and ran through Docklands.

The event, which is the largest annual triathlon in the world, took place on closed roads in the area around Excel and the Royal Docks last weekend.

This year had an Olympic feeling to it with three Team GB athletes taking part in the VIP sprint wave first thing on Saturday.

Gold medallists, boxer Nicola Adams and Tae Kwon Do athlete Jade Jones were joined by silver medallist gymnast Louis Smith to make up Team VA.

After the celebrity races and first timer accomplishments on Saturday the elite athletes took to the water on Sunday morning with British triathlete Jodie Stimpson taking top of the podium in the women's race and Stuart Hayes finished second behind French winner Gregory Rouault in the men's wave.

The event was raced by over 30,000 amateur triathletes, but the main event for the pros will be the ITU World Series Grand Final at Hyde Park on September 14.

Kay Lockett

Nicola Adams, Jade Jones (also above left), Charlie Webster, Mel C and Zoe Hardman attend a photocall to launch the Virgin Active Health Clubs London Triathlon at Excel



**NEW**

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All details correct at time of press.



## News

# Winter games loom with ski centre plan

## LEISURE

Westfield looks to add leisure to land by shops

Beth.Allcock  
@wharf.co.uk

While Stratford was the hub of last summer's Olympic heroes, it could soon become a home to winter sports after plans for the UK's biggest ski centre were announced.

Westfield Stratford City is expected to submit an application to the London Legacy Development Corporation (LLDC) over the coming months for what it calls a "major leisure addition" on land next to the shopping centre.

The proposals will include London's first indoor ski centre – believed to be more than double the size of similar facilities across the UK – on a par with Ski Dubai in the United Arab Emirates.

A spokesman for Westfield



GETTY

Ski Dubai, a possible template for the Stratford centre

Stratford City said: "This new leisure attraction will be a strong addition to Stratford."

"Westfield Stratford City was the first piece of Olympic legacy and is a thriving shopping centre which has created 10,000 jobs, attracted 48million shoppers and generated £942million in annual sales in 2012. Sales in 2013 continued to grow, up by 7.7 per cent in the first quarter."

Mayor of London Boris Johnson gave a thumbs-up to Westfield's vision for the land and said the world-class centre would reflect the area's

status as a "stunning new destination".

He said: "This underscores the massive confidence in this area from investors, which is delivering a real payback for taxpayers in terms of jobs and regeneration in east London."

Commenting on wharf.co.uk, reader Jan Poklewski was equally as positive and said: "This is excellent news. It's been many years since the closure of Beckett Alps and it's a long drive to the nearest indoor ski slope."

"Great to have the site used for sport – maybe we could bid to host a Winter Olympics."



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## What's On / From Page 14

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## Food / Pages 44-45



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## News

# Look to build on capital's future

Whether it is addressing a rocketing demand for new homes, improving transport links or forging a permanent Olympic legacy, the east of the capital could play a major part in Mayor of London Boris Johnson's 2020 vision. He discussed the plans – which he described to the Greater London Assembly as “a work in progress” – at a meeting in City Hall last week where the viability of his proposals came under scrutiny. **BETH ALLCOCK** looked on.



## TRANSPORT

The Emirates Air Line, linking The O2 to the Royal Docks, came under fire from Assembly Member Val Shawcross.

She labelled the cable car, which took to the skies in June last year, as one of the Mayor's “vanity projects”, and said the best future transport project highlighted in his vision was Crossrail 2.

Defending the aerial link, which has suffered from low passenger numbers, Mr Johnson said: “The Emirates Air Line is the only piece of transport infrastructure in this city that has covered its revenue cost and capital cost as well.”

“It's the only transport mode at the moment, except maybe for the DLR, which does.”

Plans for further air transport in the east of the capital – this time as part of the Thames Estuary airport scheme – were also discussed.

Mr Johnson said his plans wouldn't generate “anything like” the same noise footprint compared to the creation of an additional runway proposed for Heathrow Airport, as planes at the estuary scheme would land and take off from an east to west movement and fly largely over water.

Making money from Tube stations, particu-



Cable car not a vanity project, says Mayor

larly Canary Wharf, was raised by Assembly Member Roger Evans.

He said: “If you go to Canary Wharf on the Jubilee line you find a large ticket hall with no retail, while adjacent to it are private units that are full of retail opportunities.”

“Don't you think London Underground is missing the opportunity and it should grasp it?”

Mr Johnson pledged to look into the potential and added: “If it's true we can do better in Canary Wharf, I will get an explanation why we aren't doing better.”

## POPULATION



Newham and Tower Hamlets have been hit by a rocketing populations placing the boroughs as the only two in the country where growth has exceeded 20 per cent.

Mr Johnson said the capital would be accommodating a population of 9million by the end of the decade, with a potential 10million inhabitants by 2031.

He said: “The challenge of population growth means we have to respond by building a huge number of homes – 400,000 in the next 10 years. To get to 400,000 homes would be far greater than anything achieved in the eight years before I was Mayor.”

“It will require investment in substantial infrastructure, sewage and energy with six new substations costing £40million each to make the homes viable.”

But Assembly Member Nicky Gavron questioned if the proposed number of houses was too conservative, in light of a Knight Frank study that showed more than 52,000 homes were needed each year to cope with the population growth.

## STADIUM

The future of Stratford's Olympic Stadium is a bright one, according to Mr Johnson.

The Mayor criticised Assembly Member Andrew Boff for what he called “unbelievably gloomy” questioning about the value of the Olympics and the cost of the retro-fit of the stadium.

Mr Johnson said: “You could argue the spending of £9.3billion was one of the best investments the public sector has ever made.”

“It's been a huge benefit to London and the projection of brands around the world.”

“By 2020 the Olympic Stadium, as far as I know, will be cost-neutral.”

“London is unlike any other Olympic city in the world as all eight Olympic venues have got a long term future – most countries find it extremely difficult.”

Mr Boff said preparations to make the stadium equipped for Premier League football would cost £200million and questioned the Mayor as to whether a £150million GLA contribution was “too much”.



The Olympic Stadium in action

“I always thought it was a shame they [previous Labour administration] didn't get the stadium right first time,” said the Mayor.

“It is the right stadium – it just needs finessing because of the incompetence of the previous administration.”

“But we are now going to have a fantastic stadium that is going to be a lasting landmark made use of by all manner of sporting organisations, not least Premier League football.”



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# What's On

## GRIMEBORN

Performances at Arcola Theatre, all at 7.30pm

### Così Fan Tutte

Opera24

New orchestrations for a seven-piece orchestra by conductor/arranger John Jansson and staging from director Benet Catty. A masterpiece about the battle of the sexes.

Until August 03

### Exquisite Corpses

The Vocal Constructivists

Relying on the human body for their instrumentation, the music is also communicated in visual displays including graphic symbols, colour paintings and filter techniques.

August 1

### The Magic Flute

Ryedale Festival Opera

A classic opera is performed in a new English translation by young singers selected from top music colleges.

August 7-10

### The Viagron/Kettlehead

Size Zero Opera

*The Viagron* is based on the Roman text *The Satyricon* by Petronius. Focusing on the sexual misadventures of the impotent Encolpius, the opera presents an explicit examination of lust. *Kettlehead* is set in colonial Africa at the end of the 19th century and explores a twisted tale of voodoo and revenge.

August 13-17

### Pelléas et Mélisande

Arcola Theatre, Bury Court Opera

Debussy's opera is a story of impossible love and jealousy, shrouded in danger. The emphasis is on using young singers.

August 20-24

### Black Sand

Samantha Newton, Na'ama Zisser

Nathanael is madly in love with Olympia but is being tormented by the Sandman. *Black Sand*, set in America in 1952, is a horror opera about a man so reluctant to confront his fear that it destroys everything he loves.

August 22

### Handel Furioso

Isle of Noise

*Handel Furioso* is a love story told through arias and duets, exploring a couple's life together from childhood to old age. With music from Rodelinda, Rinaldo, and lesser known works.

August 27-31

### Strekoza i Muravej

Brian Hosefros, Vadim Yurchenko *Strekoza i Muravej*, (Grasshopper and Ant), is a re-imagining of the classic Russian fable, following the lives of the extravagant Strekoza and the dutiful Muravej. Strekoza has ever-mounting debt which inevitably lands her in squalor, while Muravej's rigorous nature affords him a promotion and a new home.

August 29

## No, not *that* one – this is an **alternative** opera festival

### MUSIC

Grimeborn presents the artform in a variety of new and accessible ways

Kay Lockett

@wharf.co.uk

**A** more fashionable and "dirtier" version of the elegant Glyndebourne Festival in Sussex – the aptly named Grimeborn Festival – is bringing opera to a more diverse audience in east London.

Back for the seventh year at Arcola Theatre, the festival runs until the end of August and presents an eclectic mixture of new works and classics, all with an emphasis on making the world of opera accessible to new and established audiences.

Instead of a glamorous modern opera-house, Grimeborn is staged in an old converted warehouse with 160 seats – at a fraction of Glyndebourne's prices.

There are two Mozart operas, period instrument performances of Handel and Purcell, Silent Opera performing Monteverdi, Debussy's *Pelleas et Melisande*, plus a selection of contemporary work.

Showcasing four shows at the festival, Opera24 is a production company founded by conductor/arranger John Jansson and director



*The Magic Flute* at Arcola

**W** Give us an example of your techniques

"*Così Fan Tutte* is re-written and performed in English and portrayed in a modern language so has a far greater immediacy to it."

Benet Catty who reconceive large-scale operas in intimate settings with small casts and new orchestrations.

They aim to bring a fresh contemporary perspective to characters and music while remaining faithful to the composer's original intentions.

Catty told *The Wharf*: "It's about reconsidering space. Opera doesn't have to be performed in a huge concert hall with 2,000 people, we want it to



Grimeborn runs throughout August based at the Arcola Theatre

be more intimate and change the focus of large scale opera and reconsider the scale."

The pair have worked together to create a new production of Mozart's *Così Fan Tutte* – a tale of love, loyalty and the battle of the sexes, brought into the modern day with a farcical interpretation, with new orchestrations for a seven-piece orchestra.

Jansson said: "*Così Fan Tutte* is re-written and performed in English and portrayed in a modern language so has a far greater immediacy to it and we are more able to communicate directly with the audience."

"The arrangement for seven virtuoso players mirrors the cast structure of three women and three men by having two pairs of three instruments – three winds and three strings – joined by the piano as continuo."

"It's based on the classic works but on contemporary terms."

"It's also a new translation, updating the music to be more modern with contemporary themes. It's an opportunity to discover and re-discover great works of opera."

The Grimeborn Festival runs until August 31. Arcola Theatre is offering audiences the chance to see two shows for £27, or three for £36, with most single shows costing £15.

For more information and to book tickets go to [arcolatheatre.com](http://arcolatheatre.com) or call 020 7503 1646.

## GLYNDEBOURNE

■ Opera festival held at Glyndebourne, an English country house near Lewes, in East Sussex.

■ Founded in 1934 by John Christie and his opera singer wife, Audrey Mildmay, Glyndebourne is committed to presenting opera of the highest quality.

■ The festival has been held annually since 1934, except in 1941-45 during the Second World War and 1993 when the theatre was being rebuilt.



■ The primary resident orchestra for the Glyndebourne Festival is the London Philharmonic Orchestra.

■ Performances start in the afternoon, enabling Londoners to leave town after lunch, and finish in time for them to catch the last train back.

■ Glyndebourne has remained financially independent since 1934 and is a registered charity.

■ The Glyndebourne Festival presents six productions each year in a 1,200-seat opera house. Go to [glyndebourne.com](http://glyndebourne.com).



*The Viagron*, left, and *Kettlehead* as seen by Size Zero Opera



RED 2, ONLY GOD FORGIVES AND THE REST OF THE SCREEN RELEASES >



# What's On

Hyper-stylised horror show sustains Refn run of form

## Something is missing – and it's not just a bomb

### SCREEN

#### Only God Forgives

(18) 90mins

If the puppeteers behind *Team America: World Police* decided to make an OTT Bangkok revenge flick, it might be *Only God Forgives*.

The cast are marionettes – entirely expressionless despite the interminable horrors – and their perambulations – which appear to occupy vast lengths of the film, are slow and measured and wholly artificial.

The pretensions of the film are cleverly sustained but, surely, it is only one blood-gushing torture scene away from parody.

This is stylish, arthouse vengeance executed with panache. Director Nicolas Winding Refn has proved his visionary credentials in *Bronson* and *Drive* and here there is a familiar swash of tawdry rain-soaked neon, colour-coded scenes, self-conscious framing and preponderance of red.

The story is simple and the words



Ryan Gosling as Julian

are few to allow time for the camera to reflect upon what it sees.

With her bleach blonde hair and leopard print everything Kristin Scott Thomas is foul-mouthed guilt-trip, drug-trip dragon mum Crystal.

She comes to Bangkok to force laconic second son Julian (Ryan Gosling) to hunt down the cop who allowed her first son to get killed, itself an act of vengeance.

Because they're all zen psychos. She is. Her eldest son was. The second son is. Even the cop is. Especially the cop. For Chang (Vithaya Pansringarm) is not only a cop but an avenging angel.

So the tit-for-tat slayings play out like a stately Jane Austen ball with sword flicks instead of dosey-does. And yet despite the skewerings, and beatings and choppings and slicings, the overriding tone is one of stillness.

Whether you like this desolate hypnotic Lynchian gore-fest or not will depend on how many Carlings you drink before viewing.

Drink many.

Giles Broadbent

### Our verdict

Director's great film-making is not necessarily allied to a great film

★★★★☆

### SCREEN

#### Red 2

(12A) 116mins

Much like Han Cho Bai, the Korean assassin seated behind a mega-machine gun, this film fires bullets in such quantities that it would seem impossible to miss the target – but does.

The first *Red*, which saw greying (or balding) spies revived for one last gig, was a sleeper hit of 2010. Evidently surprised that the saggy-skinned assassins were box office gold, a second was ordered up – and it proves a step too far.

While there is plenty to enjoy here – car chases are dramatic, the black hats and white hats are easily delineated in that big Bond fashion and the cast enjoys their wry quipping.

And who can tire of Helen Mirren, Brian Cox, Anthony Hopkins? And on the yank side, Bruce Willis is in fine self-deprecating form aided by mad-eyed John Malkovich alongside the charming Mary-Louise Parker.

But there is a jump the shark moment, which will, one hopes, bring the whole enterprise to a close. Helen Mirren has to break into an insane asylum next to Tower Bridge (yes, I know – and that isn't even it).

To do so, in *Scooby Doo* fashion, she feigns mental illness, barking and deranged and claiming that she is, er, Queen Elizabeth I, complete with crown. Geddit? That Mirren woman off that Queen movie playing a mad queen. See what they did there?

Aside from that, here's the story. Domesticated Frank (Willis) is buying barbecues and bantering at CostCo with wife Sarah (Parker), both of them going insane in the suburbs.

Then Marvin (Malkovich) shows up and says that the existence of Nightshade, a weapons system from back in



Above, Helen Mirren as Victoria. Below, from left, Catherine Zeta Jones, Mary-Louise Parker and Bruce Willis



the day, has been exposed and all the nefarious powers are on the trail.

For reasons that aren't entirely apparent, they all want Frank – freelance Brit killer Victoria (Mirren), Han Cho Bai (Byung-hun Lee) under contract to the US and the Russian's femme fatale and Frank's Kryptonite Katja (Catherine Zeta Jones).

Meanwhile the weapon's inventor Bailey (Anthony Hopkins) who knows the location of said weapon is either mad, dead or dangerous to know.

The chase is set across multiple

locations a lot of them in London, although Tobacco Dock in Wapping doubles for the Kremlin catacombs.

Director Dean Parisot, one kindly assumes, recognises when that oldsters quickly overstay their welcome and figures that the plot ran out a reel ago so attempts to compensate with some bravura setpieces.

But even for the most moist-eyed cinephile the plotoles are amateurish and nagging.

For a start, cold-eyed assassins who think nothing of dispatching innocent bystanders in the most fiendish of ways have to undergo changes of heart simply on receipt of the Bruce Willis trademark perplexed half-stare.

Red 2. Red faces.

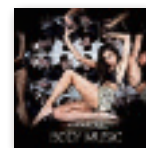
Giles Broadbent

### Our verdict

The excellent cast have fun but we only occasionally join them

★★★☆☆

### MUSIC



#### Body Music

Aluna George

★★★★☆

Hotly-tipped London singer-producer duo Aluna Francis and George Reid have proved they were worthy of the hype on their debut album.

With their post-dubstep/R&B sound you could file them next to collaborators Disclosure and the likes of Jessie Ware at the forefront of a truly exciting new wave of British dance music.

Like their contemporaries, AlunaGeorge mix pop smarts with boundary-pushing production. An exciting, and danceable, debut.

Arj Singh

### BOOK



#### The Cuckoo's Calling

Robert Galbraith (Sphere)

★★★★☆

Since the recent revelation Robert Galbraith is none other than JK Rowling, interest – and sales – have rocketed.

A supermodel's life is tragically cut short after she falls from the balcony of her Mayfair apartment but what looks like suicide on further investigation by PI Cormoran Strike is more likely to be one of a series of murders.

It's a gripping tale set in the bustle of London, and the author demonstrates superb flair as a mystery writer.

Nilima Marshall

### ALSO ON RELEASE

**The Heat** (15) 117mins  
Melissa McCarthy gets to go wild as a cop partnered with FBI agent Sandra Bullock  
★★★★☆



**The Conjuring** (15) 112mins  
Another haunted house movie with the Saw director effectively delivering thrills  
★★★★☆



**From Up On Poppy Hill** (U, 91mins)  
More hand-drawn miracles from Studio Ghibli  
★★★★☆



**The Smurfs 2** (U) 104mins  
Replacing rude words with Smurf still remains the single trick at the film's disposal  
★★★★☆



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# Food



Above and below, performers strut their stuff on Circus' stage table

## WIN a meal for two at Circus worth £150

Circus, Covent Garden, is an innovative combination of Pan Asian restaurant and cocktail bar with a sprinkling of glamorous cabaret to entertain guests while they dine.

The restaurant boasts an elegant dinner menu, with tempting sushi dishes, delicately spiced salads and delicious smoky steaks cooked in a jasper oven.

The stylish surrealist interior, by iconic British designer Tom Dixon, includes a striking quartz stage table seating up to 30 guests and acting as a combination of communal banqueting table and a twinkling runway for the nightly cabaret entertainment.

Elegant and skilful performers twirl magically in suspended hoops and wow the crowd as guests tuck into dinner and tempting cocktails.

You might just catch a fire eater, a hand balancer or a hula hooper too.

Book for dinner, or just pop to the bar for a cheeky cocktail or two. Circus is an experience not to be missed and is perfect for special



occasions, first dates and celebrations. The restaurant is now taking bookings for Christmas parties too.

The Wharf has teamed up with Circus to give away a three course dinner for two with a bottle of house wine up to a total value of £150.

To enter the prize draw, email your name and contact number to [lucy@circus-london.co.uk](mailto:lucy@circus-london.co.uk).

Your email must have **Win Dinner At Circus With The Wharf** in the subject line for your name to be entered.

If you do not wish to be contacted by Circus regarding other news and offers, please state this in your email.

The winner will be notified by email after the closing date, which is August 31.

## The worst salad I've taken away

### REVIEW

#### Lean Mean Supa Bean Salad

Pure, £5.45

As I was walking to the station on my way to work this morning (last Thursday) I could feel the hot humid air, swirling round me.

It was that special kind of pregnant atmosphere that arises when the temperature remains high even though the heavens have just been rent asunder.

All around me surfaces were dark with sweating damp. I noticed a newspaper had been left out in the downpour on the wall bordering someone's front garden, returned to a mushy pulp by the heavy droplets.

If I'd bent down and taken a bite, its gloopy paper fibres would, I imagine, have gunged up my mouth, filling it with putrid, rank wetness. But, as I'm not a man who regularly indulges his urge to gobble up foul pieces of litter, I passed on by and caught my train instead.

Little did I know, later that day I'd willingly pay £5.45 for something that recreates the sensations I'd skipped for second breakfast.

Since I started covering the Wharf's various lunchtime offerings I cannot think of a single sandwich or salad I have bought that I've been unable to finish.

But Pure's Lean Mean Supa Bean

Salad defeated my stomach. About a third of the way in I gave up. It was simply too revolting to continue.

While its name recalls bombastic former boxer and grill salesman George Foreman, the limp vegetables tasted as though they'd been rubbed at length under his armpits or between his buttocks.

I imagine his head poking out of their back room Foremanator, yelling for more veg as the finished product flops down into a tray beneath a giant tub containing his gyrating body.

Everything, apart from diamond-hard broccoli, had lost its crunch.

What process does a radish have to go through to become so listless?

Why include avocado when you know it will simply turn to greenish slush, smeared unpleasantly over everything?

More sickening still was the "pomegranate and white balsamic dressing". Its harsh vinegar bite was inescapable despite the fact

I only added the tiniest of splashes.

And people were queuing out of the door for this place. I can only assume the other dishes they serve are not fed through George's cage of mush. A double shame as the staff seemed genuinely upbeat and helpful. Get them some proper products.

Jon Massey

### Our verdict

It gets a star for looking OK. Avoid eating at all costs

★☆☆☆☆



Pure's Lean Mean Supa Salad may look colourful but it tastes appalling



## DRINK WITH PAULO BRAMMER

### Reddish hue: Tipples for the late summer

1

■ Shiraz, Jacob's Creek Sparkling, Australia NV  
■ £10.99 at Waitrose.

■ This should be a good starting point if you have never tried sparkling red wine before. This shiraz is fizzy yet boasts plenty of red fruit notes. The residual sugar and texture makes this wine a perfect match to a chocolate mousse on a summer's evening.



Paulo's verdict

Red with bubbles

★★★☆☆

2

■ Sancerre Rose, Jean Marie Berthier, Loire, France 2012.  
■ £13.99 at Majestic.

■ Made from Pinot Noir, this delicate rose offers a lively structure and a refreshing mouth feel. The nose is aromatic with a floral touch and the palate is simple. This is a great wine for earlier in the evening. Try with summer salads or fresh sprats.



Paulo's verdict

A blushing opener

★★★★☆

3

■ Bardolino, Masi, Veneto, Italy 2012  
■ £9.49 Marks and Spencer.

■ This is a light bodied red wine with good flavour intensity. The fruit is bright with cherry and raspberries taking the main notes. Well made, honest and very moreish. Not a wine to be taken very seriously but dangerously enjoyable.



Paulo's verdict

Dangerously enjoyable

★★★★☆





JON MASSEY



FOOD FOR A FIVER



Oysters are served with seaweed, Tabasco sauce, lemon and shallots

## Phenomenal fishes high above the City

### REVIEW

#### Angler

South Place Hotel, Moorgate

My father didn't take me fishing as a boy. It was a decision brought about by the incalculable hours he spent with his own dear old dad sitting by bodies of water bored, waiting with nothing happening.

He wanted to spare me the ennui and, I'm grateful for it. But waiting in a restaurant for a bite isn't the same as gazing into the water of some stream in a stupor.

It's a more uncomfortable experience and, after a pleasant initial greeting, we're left hanging at Angler.

The process of menu delivery, aperitif conjuring and a la carte ordering is curiously disjointed. Staff are all at odds; there's repetition, duplication and sluggishness. Out of place in this pale linen safari suit of a place.

Garnished with modern art and fashionable monochrome stripes, it's well-heeled and refined. Despite being a rooftop establishment, the view is not up to much, but it's a cool and enjoyable place to sit.

Primarily, this is, you guessed it, a seafood joint. The menu is comfortingly familiar (grilled, poached, pan fried) with just one or two twists to make things interesting.

And after ordering some solid staples, the service flaps from



Heritage potatoes and green beans

indifferent to warm, especially the sommelier who delights in a chance to match.

My oysters are superb, rich with the smell of the sea and the whole experience is henceforth scented with the freshness of brine.

The only bum note comes in my companion's mixed grill which is superb apart from a piece of mushy mackerel.

My wild bass comes with a tongue-tickling sauce of razor clams and tomatoes that sets off the fish perfectly. It's among the best things I've eaten this year, the kind of dish it's impossible to have enough of. More like this and Angler will thrive.

The restaurant's three-course set menu costs £30.

**Jon Massey**  
Angler, South Place Hotel, 3 South Place, London EC2M 2AF, 020 3503 0000, southplacehotel.com.

### Our verdict

The food at South Place is well worth waiting for

★★★★☆



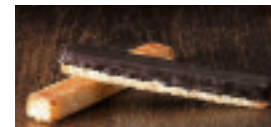
Wild bass with sauce served on the side in razor clam shells

## TASTING NOTES

Food and drink round-up

### PAUL

#### Go coconuts and seedy at bakery



★ French family bakery and patisserie Paul has added some tasty summer additions to its menu.

For a sweet snack go for the new coconut sticks (95p), full of intense coconut flavour and also available with smooth dark chocolate on top (£1.10), both pictured.

For bread lovers, the bakery has introduced a limited edition sunflower bread, priced at £2.95. The products will be available at Cabot Place until September. Go to [paul-uk.com](http://paul-uk.com).

### TRUCK STOP

#### Festival returns to Wood Wharf

★ Tastes of Asia with a street food twist will have their mouthwatering debut at the second Truck Stop festival in Wood Wharf.

The two-day extravaganza starting this evening, (Thursday) will boast 20 traditional food trucks whipping up the very best in street dishes until 11pm. Live bands and DJs will also feature. Go to [truckstoplondon.com](http://truckstoplondon.com).

### CANTEEN

#### Set menu offers value for diners

★ Indulge in some typically British fare for less at Canteen.

The Park Pavilion eatery is offering two courses from its classic menu for £12.50 per person.

Sample the dishes, which include Canteen's pie of the day and lemon tart, between 5pm and 7pm from Monday to Friday. Go to [canteen.co.uk](http://canteen.co.uk).

### LUNCH MARKET

#### Put dates in your diary for lunch

★ The Lunch Market has been held twice at Wood Wharf in the last week.

Stalls with exotic fare were in place on Friday and Tuesday.

The next planned event is on August 27, followed by September 24.

It takes place between 11am and 3pm and features a wide range of street food. Go to [canarywharf.com](http://canarywharf.com).



# Fashion

## Brand founded to showcase the new black on the catwalk

### INTERVIEW

Shaqueen Wilson tells **Beth Allcock** why she created Born2Strut to celebrate designers

**W**hen east Londoner Shaqueen Wilson was pulled back from the brink of a fashion disaster by her designer friend, she made it her mission to found a brand for up-and-coming talent.

The 24-year-old said her "crisis" centred on a dress ordered from abroad for her daughter's christening – an outfit that never arrived, leaving her with just a few days to find a substitute.

But luckily a friend who was at university studying fashion managed to whip up the perfect creation in the nick of time.

It was that experience which gave Shaqueen the idea to create Born2Strut, specifically aimed at raising the profile of black fashion designers who are students or just setting out in the industry.

Formed in 2012, it held its debut catwalk show last summer and repeated its success in July.

The Canning Town resident said feedback from both events had been fantastic.

"This was always something I had in the back of my mind, but it was my crisis that led to it," she said.

"It's for people who have never had the opportunity to showcase their designs before.

**W**ere you worried at the start?

"At first I thought the designers' quality may have been poor. But the hard work they put into making the clothes was extremely surprising."

Black fashion is not really recognised, especially in east London, and this gives people a platform.

"At first, because the designers were up and coming, I thought their quality may have been poor. But the detail they put on and the hard work they invest in making the clothes was extremely surprising. They're as good as products in a shop."

The second Born2Strut show in Brick Lane featured four designers set to make their first steps in the fashion world, including Shaqueen's fellow east Londoner, Anita Nermal.

And the organiser said this time around, the audience were keen to take home a piece of the action.

She said: "The designers sold so many outfits, it was unbelievable. It was a great achievement and they went away not just showcasing



Above centre, Shaqueen surrounded by designers  
Left and below, their creations



clothes but people bought them. It wasn't something people just thought, 'That's pretty', they actually bought it. And the designers are getting their names out there and being more confident in themselves to go out in the industry and approach the right people."

Next on the agenda is a children's fashion show, planned for early next year, as well as cementing the Born2Strut brand and increasing the number of adult designers taking part. And for that, Shaqueen is hoping to round up a team of fashion-savvy volunteers to help.

She said: "After the second show, I am really excited. The feedback I am getting is so positive. I'm going to continue and keep pushing for me as well as the designers."

Follow @Born2Strut on Twitter, email born2strut@gmail.com or call 07411 486 838 for more details.

## MALLTRAWL

Deals offers and bargains compiled by **Beth Allcock**

### JO MALONE

#### Conjure your own scent at perfumery

★ Hand pick your favourite fragrances to create a one-of-a-kind scent at Jo Malone tomorrow, Friday.

The store, in Jubilee Place Mall, is offering customers the chance to concoct a signature smell as well as showcasing its new Blackberry and Bay range. Expect massages and fizz. Call 0870 192 5391 to book.

### NAILS INC

#### Royalist hues for your fingernails

★ Get some right royal nails to celebrate the arrival of Prince George of Cambridge.

Nails Inc, in Cabot Place Mall, has launched its Bling It On London collection, featuring mini South Kensington and Baker Street polishes – the latter the perfect cobalt shade to mark the new addition to the Royal Family.

### WESTFIELD

#### Get street move tips at Stratford

★ Learn street dancing from one of the hottest stars in the industry at Westfield Stratford City today (Thursday) and on August 6.

Got To Dance finalist Theo "Godson" Oloyade will be strutting his stuff at two sessions in Chestnut Plaza before sharing the secrets behind his skills. Performances will be between noon and 5pm.



Dancer Theo Oloyade will be giving shoppers advice

### ESTABLISHED EAST LONDON

#### Pop-up gives 50 youngsters outlet

★ Exclusive products from east London's up-and-coming designers are available to snap up at Westfield Stratford City.

Pop-up shop Established East London will feature items created by about 50 young entrepreneurs.

Shoppers will have to act quickly as the shop's only trading for a limited period of time.



# Health

## WHAT IS IT?

Swish studio where former Olympians and sporting stars put you through your paces.

## WHO IS IT FOR?

Time-poor Wharfers and City workers with diets heavy on booze and take-out lunches looking to slim down and tone up. Aside from sweating it out in the gym you'll chat with a nutritionist and have access to lifestyle services and physiotherapists.

## FITNESS BENEFITS

Hour-long personal training sessions are tailored to each individual's goals, with weight training and strong man exercises to burn fat and build muscle. With someone there pushing you to complete a full set of dead lifts, you're less likely to give up.

## THEY SAY

“ Sarah Lindsay, director and former speed skater, said: “Using weights and making people stronger gives them a natural confidence. I never realised it before I retired.”

## WE SAY

“ My 30-minute session included a sled drag laden with a couple of weights. My attempt was more of a slow run, but no second was spared and I had an effective workout.

## DETAILS

Embody Fitness is to be found at 1 Bartholomew Lane, Bank, EC2N 2AX. Prices for personal training sessions are available on request. Go to [embodyfitness.co.uk](http://embodyfitness.co.uk) for more information.

**Beth Allcock**



Former Olympic speed skater Sarah Lindsay puts Beth Allcock through her paces

BEN BROOMFIELD



David Lewis, head of nutrition at Embody Fitness offers advice to the gym's clients. His nutrition programmes are based on The Paleo Diet which recommends more than 50 per cent of your daily intake should be fat, followed up with a hefty chunk of protein and minimal carbohydrates.

He said: “It's how we are genetically predisposed to eat. Grains have only been in the diet for 3,000 years and if you look back at indigenous people, diets were high in vegetables and animal fat. Carbs should be used as a treat.”



NEW GYM PERSONAL TRAINING

## CLASS

### Dance away the lbs in Westferry Road

★ Get in shape by dancing off those excess pounds at a new Zumba fitness class in E14.

Try out the calorie-busting moves to a soundtrack packed with energy every Thursday at Barkantine Hall in Westferry Road.

The hour-long sessions start at 7pm and cost £6.



Zumba classes involve energetic dance moves designed to burn fat

## ATHLETICS

### Entrants sought for day relay challenge

★ Round up your colleagues, friends or family for a day-long baton-carrying challenge inspired by the Olympic Torch Relay.

Newham-based East End Road Runners have organised a 24-hour non-stop relay at the Terence McMillan Stadium, where four mixed ability teams will run, jog or walk in four lanes of the 400m track to clock up as many kilometres as possible.

The challenge, which begins at noon on August 10, is free to enter. Go to [eerr.org.uk](http://eerr.org.uk) or email [louise@eerr.org.uk](mailto:louise@eerr.org.uk) to book a slot.

## TOP tips



■ **Sleep tight:** Even if you find it difficult to drop off in the heat, it's vital to get your head down. A weight loss study found participants who'd had four hours of sleep ate 300 more calories during the day than when they'd had proper rest the night before.



## FITNESS WITH LAURA WILLIAMS

### Get the look: Heidi Klum

The supermodel and talent show judge has key moves for targeting trouble spots.

**How she does it:** So, how did mum-of-four Klum regain her post-baby shape? For one, the 40-year-old has learned many a training trick from American fitness guru David Kirsch over the years.

Her exact regime consisted of a diet high in lean protein, with 90 minutes of working out every day.

**Do it for yourself:** Unless you're looking to rock a *Project Runway* body in double time, your regime can be less extreme than Klum's.

David Kirsch suggests the time-honoured formula of a combination of cardiovascular exercise and strength training for weight loss. His suggestion for a modified “Klum

routine” is 30 minutes of cardio, three times a week with light weights twice a week. The following two moves are faves of Klum's that you can easily try for yourself:

■ Lie face up on the floor, legs bent, holding a large exercise ball above your head. Lift legs off the floor and lower the ball from arms to legs so you can position the ball between your ankles. Lower to the floor before repeating and passing ball back into hands. Do three sets of 10, three times a week.

■ With feet just over shoulder-width apart, bend knees, push hips back and lower body to the floor. As you straighten up, kick your right leg to the side at hip height, then repeat on the left. Do 20 reps, three times a week.



GETTY

## Q&A

I find exercising in the heat really tough. Should I soldier on, or take a rest?

You need to adapt your routine for the high temperatures and humidity.

While there are obvious measures to take such as wearing a decent SPF, not running at noon and remaining hydrated, you also need to think about toning down your usual workout.

When the body gets hot, blood is diverted away from the muscles to help keep you cool, which in turn increases heart rate. Keep runs to the coolest time of day and think about running shorter and slower.

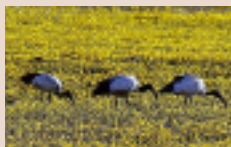


# Travel

## the Wharf TRAVEL CLUB

Bargains and ideas

### Star bargain



★ Each September in Namaqualand the rains soak the earth causing an ocean of impressive floral colour to sweep across the vast Fynbos veld. Witness the phenomenon on a 15-day trip to the Cape from £2,690pp. Go to [expertafrica.com](http://expertafrica.com).

### Stamp and tramp on fruit of vine

**EXPERIENCE** Get thigh deep in grapes at the Alentejo wine harvest. There is certainly plenty of grape-sorting and tramping to go around.

Stay at the Herdade da Malhadinha Nova and indulge in a spa treatment or two before settling down to a gourmet feast and a well-earned glass of wine. In September, stay seven nights but pay for six from £1,078pp. Go to [sunvil.co.uk](http://sunvil.co.uk).



### Star bargain



★ Head to Chamonix this August to witness the annual North Face Ultra-Trail du Mont-Blanc: a set of races covering seven valleys and 400 summits. Arriving August 24, a week's catered accommodation is £7,302pp. Flights extra. Go to [marmottemountain.com](http://marmottemountain.com).

### Book a week at Kirstie's cottage

**GETAWAY** If you've left it late, Kirstie Allsopp's Devonshire retreat is still available this summer for £238pp with Classic Cottages. The TV presenter, pictured, owns Meadowgate, which sleeps 14 and is one of Devon's most impressive self-catering escapes. Arriving August 16, a week's stay costs a £3,333. Call 01326 555 555 or go to [classic.co.uk](http://classic.co.uk).



# Breathtaking spectacle high on Andean plains

## ECUADOR

South American state is a small place with lots to shout about writes

**Sarah Marshall**

**I**t seems I've arrived in Quito a day too late. Had I been here 24 hours earlier, I'd have found the city's undulating cobbled streets filled with plumes of exotic feathers and thick, woven rainbow-coloured flags.

After marching 600km from the Amazon rainforest and the high Andean plains, Ecuador's indigenous communities had converged on the capital to protest passionately about land rights.

Their painted faces may have disappeared, but their sentiment lingers in every ancient stone crevice of this surprisingly progressive South American city.

Despite being one of the smallest countries in the continent, Ecuador is remarkably diverse in terms of

## the Wharf TRAVEL CLUB

landscape and population. It's also no stranger to controversy. Thanks to the Government's liberalism – not to mention defiant anti-American leanings – it's becoming a refuge for whistleblowers – both WikiLeaks' Julian Assange and NSA's Edward Snowden have turned to the country for assistance.

But there are many more reasons to visit Ecuador than simply seeking political asylum. Wildlife-rich jungles, snow-capped volcanoes and miles of unspoilt coastline can be reached within a matter of hours. But a highlight is a visit to Quito. Snaking through the Andes at an altitude of 2,800m above sea level, it's the highest capital city in the world.

The introduction of a new airport earlier this year has made landing here a much easier and safer experience, and several new luxury hotel openings in the region mean there's greater reason to stick around.

Gazing up at the gold-encrusted nave of the 17th century church of La Compania de Jesus (which took 160 years to build), I can appreciate why this was the first city in the world to be granted Unesco World Heritage



Tourists climb to the top of the neo-Gothic Basilica cathedral in Quito

status. Given some of the crude artwork and overstuffed cherubs, it's hardly Michelangelo's Sistine Chapel – but the sheer opulence is impressive.

My visit coincides with Holy Week, when devotees (known as Cucuruchos) in purple robes and tall cone hoods march solemnly through the streets in the pouring rain, some

self-flagellating with thorns and poison ivy, others dragging heavy wooden crosses.

The procession ends in Plaza de Santo Domingo, the main square, where a flock of pigeons scores an appropriately grey streak across the sky.

Bystanders look on, keeping warm

with helpings of fanesca, a traditional soup made with hard-boiled eggs, salt cod, milk and 12 types of bean, served in small plastic carrier bags.

It's a hearty, calorie-packed meal, but at this altitude the body's metabolism apparently speeds up, so I don't feel quite so guilty about joining in.

As it turns out, being this high up has a number of advantages, most notably the variety of spectacular views.

The most popular viewpoint is the Virgen de Quito, which stands atop the 200m high hill El Panecillo and overlooks the city below. From here, on a clear day, the sharp tip of volcano Cotopaxi appears to pierce the sky.

I do suffer pangs of vertigo, however, when I attempt to climb the bell towers of the neo-Gothic cathedral, Basilica of the National Vow, towering 115m above ground. A narrow steel, rail-free ladder, hanging precariously from the side of one tower, is a step too far and I fail to make it to the top.

## W What's attractive to travellers?

"The introduction of a new airport at Quito has made landing here a much easier and safer experience. Several luxury hotels have also opened."

From every rooftop and high point, it's clear that Quito is surrounded by natural beauty, and day trips out of town confirm this.

I set off on a two-hour drive to Otavalo, one of the best indigenous markets in South America, where Quechua people sell heavy ponchos and thick alpaca jumpers alongside racks of Panama hats, which in fact, I'm told, originate from Ecuador.

On my way, I stop off at Calderon, a small village famous for its ornaments made from hardened bread dough.

As we climb into the Andes, temperatures drop and evenings are spent sipping canelazo (made with cinnamon and firewater) in front of a fire at traditional Spanish hacienda Pinaqui, where military and political leader Simon Bolivar once stopped.

The region is populated by craftsmen, some of whom marched into Quito only days before. On the wall of one musician's workshop hang paintings by Ecuador's world-famous indigenous artist Oswaldo Guayasamin.

The sad expressions of those depicted suggest suffering and injustice, but also proud defiance.

As I'm quickly learning, for a country so small, Ecuador has a lot to shout about.

## FACTFILE

■ **Stay:** Book a stay at Casa Gangotena ([casagangotena.com](http://casagangotena.com)). Built on the site of an Inca temple, it offers 32 rooms and is the most talked-about luxury boutique hotel in the city. Head to the rooftop bar and admire the views.

■ **Go:** Sarah was a guest of Rainbow Tours ([rainbowtours.co.uk](http://rainbowtours.co.uk)), which offers a 12-day Ecuador Explorer private tour priced from £3,550pp. The tour includes two nights at Hotel Patio Andaluz in Quito. Full board.



# Notebook

## Sex, lies and another marriage breaks under the strain

One of my dearest friends has discovered her husband has been visiting XXX-rated websites, phoning sex lines as well as signing up to dating agencies.

When she confronted him about it over the weekend he simply said: "You've driven me to this by pushing me away."

She is a working mum, with two young children – a boy of five and a girl aged eight. As one can imagine, she is devastated – especially as she found out he had been accessing many of the sites on his daughter's iPad.

"I probably could have forgiven him if he hadn't looked at such disgusting material on his own daughter's device," she wept when I spoke to her.

Things in their relationship have not been right for the past 18 months. Both exhausted from juggling careers, managing finances, looking after a home and the strains of parenting have meant little time left for each other.

Weekends are spent ferrying the kids from one club or party to another; vacations are taken separately to ensure the school holidays are covered. They

### WORKING MUM



TABITHA RONSON

spend no time together, just the two of them and have lost touch with each other's needs as well as their own.

She has phoned me in tears on several occasions saying the relationship was floundering only to then tell herself "it's a blip" and that "they'll get over it".

I have had the children to stay over with us for a few weekends to give the two of them a chance to get away together, to reconnect. But, sadly, it appears it hasn't been enough.

Her call on Monday, telling me the news that her marriage was over was

heartbreaking. We couldn't contain our tears.

Although she is angry with her husband, she, like him, is blaming herself.

I've always liked and got on well with him – he's always seemed supportive and a great dad. However, to blame her for driving him to visit such explicit sites to search out such base thrills is low and cowardly.

I believe in free will. Her husband has the ability to act at his own discretion. *Working Mum, not knowing what to think anymore.*

## POLITICAL VIEWPOINT

By Lutfur Rahman

### Double blow hits at roots of our NHS

I have been extremely concerned to learn that Barts NHS Trust has been put under special financial measures as a result of the severe financial challenges it now faces.

Tower Hamlets Clinical Commissioning Group believe the crisis owes much to the short-sighted Private Finance Initiative of the last Labour Government and the massive cuts dressed up as "efficiency savings" courtesy of the Conservative-led coalition.

As the creator of the NHS, Labour should be defending it ferociously.

Instead they have decided to waste a lot of time talking to themselves about their relations with the unions.

I have excellent relations with

As the creator of the NHS, Labour should be defending it ferociously

the unions and will continue to work with them locally to protect our health services.

In the meantime my health team at the Town Hall is keeping me fully briefed on the situation at Barts.

Meanwhile for GLA member John Biggs, who in his increasingly excitable press releases seems to think that I bear responsibility for the crisis at Barts.

I simply say this: it was your government that brought in the disastrous PFI and brought the market into our NHS – and now the Tories are trying to finish off what you started.

Instead of attacking me, will Mr Biggs be telling Labour leader Ed Miliband sticking to Tory spending limits is wrong?

Will he be telling Mr Miliband to reverse all of the Tory privatisation plans for the NHS? Somehow I doubt it.

Executive Mayor,  
Tower Hamlets  
Council



## Wharfinger The long view



1934 A London barge passes the Premier Flour Mills of Joseph Rank Ltd at Royal Victoria Dock

1995 Former East End criminal Mad Frankie Fraser holds a pair of pliers, one of his weapons, in a preview for his one man show at the Brick Lane Music Hall, Silvertown

### THIS WEEK IN... 1831

The "new" (but not the present) London Bridge was opened by King William IV. John Rennie's design won the design competition with five stone arches and cost £2.5million (£186million in today's prices).



## High Five Cycle accessories

The bike's not the only thing – you need all the gadgets and gizmos to make the journey easier



**Mathmos wheel lights, £9.95** LEDs are perfect way to be seen at night



**Mio Cyclo 505, £457.14** Map routes, measure mileage and count calories



**Cycle gloves, £15** Smaller, lighter, easy to pack and with reflective strips



**Hiplok Bike Chain, £69.99** Simple, colourful way to keep your bike safe



**Bottle bike bag, £34.99** Saddle bag straps over the crossbar to carry six

## Snapshot

Trends, stats & surveys



# £2,102

The amount the average family will spend per child on summer holiday entertainment during their youngsters' school years.

According to a poll of 1,000 British mums, more than 56 per cent of families find the summer holidays an expensive time with the average parent having to fund at least two activities or trips per week.



### Most popular baby names

1. Harry	Amelia
2. Oliver	Olivia
3. Jack	Lily
4. Alfie	Jessica
5. Charlie	Emily

## EBOOK SALES

- The Cuckoo's Calling**  
Robert Galbraith
- The Detective's Daughter**  
Lesley Thompson
- Nameless**  
Joe Conlan
- Belong to Me: A Novel**  
Marisa de los Santos
- No-One Ever Has Sex On A Tuesday**  
Tracy Bloom
- Dust Angel**  
Jutta Profijt
- Behind the Candelabra**  
Scott Thorson
- Watch Over Me**  
Daniela Sacredoti
- Gone Girl**  
Gillian Flynn

Sources: YourSayPays; Amazon



# Business<sup>extra</sup>

**+  
Your  
Money**

## NEWS IN BRIEF

Business digest

### Barclays to issue £5.8bn cash call

**BANKING** Canary Wharf-based Barclays plans to release £5.8 billion of new shares to meet City regulator demands to shore up its finances.

It plans a general fundraising drive to boost its balance sheet by £12.8 billion. The move comes as half-year results also showed that another £2 billion had been set aside to cover compensation claims for mis-selling.

Underlying pre-tax profits fell 17 per cent to £3.6 billion over the first six months of 2013. The bank has substantially restructured after its reputation was knocked by a number of blows, including the Libor rate-rigging scandal.

### Metro set to open new City branch

**BANKING** Metro Bank has started construction on its newest store at One Wood Street, Cheapside, set to open in late 2013 aiming to serve busy City of London workers.

The UK's newest high street bank launched in July 2010 and has now grown to more than 200,000 customer accounts across London and the south east. The City of London opening will be the latest step in Metro Bank's expansion plan to open 200 stores by 2020.

Every Metro Bank store is open seven days a week, with extended opening hours, including bank holidays.

### Ford announces European revival



**MANUFACTURE** A disused car park at Ford's stamping operations plant in Dagenham. Ford told investors this week that its European operation was performing better than expected and that its turnaround on this side of the Atlantic was on track.

### QML offers firms intern support

**TECH** Dozens of start-up businesses in east London are being offered graduate-level intern support, thanks to a new £120,000 student work placement scheme run by Queen Mary, University of London.

# Shaping the future – with a 3D printer

## INNOVATION

Exhibition aims to showcase what can happen with some joined-up thinking

Giles Broadbent  
@wharf.co.uk

**W**e have an incredibly strong science base in the UK, second only to America. We have a very strong technology base – manufacturing is not dead – and we have a strong design base but they don't work together as much as they can."

So said David Bott, director of Innovation Programmes at the Technology Strategy Board at the opening *The Future Is Here*, at the Design Museum.

He said: "When they do work together you end up with products that are fit for purpose and are more successful."

If seamlessness was the desired method of working then it was also the theme of the products on show at the Shad Thames-based museum, which focusses on emerging technologies that could be tomorrow's growth sectors.

Joints, hinges, sections and springs are things of the past. New materials that can bond without support structures, 3D printers and looms that weave carbon mean the shop shelves will be groaning under unibody products.

Another theme has to be the consumer revolution with the boundaries between designer, maker and customer blurring.

Shared digital templates allow for



Above, Hi-tech Makidolls watch bespoke heads being 3D printed  
Below, a toy version of Wandular, Sony's modular hand-held device that aims to evolve over its lifetime, upgraded via the cloud

custom-made products, from dolls to football boots.

Meanwhile, the reach of the net creates platforms for innovation including crowd sourcing, open source computing and networked manufacturing.

Design museum director Deyan Sudjic said: "Two hundred years ago, what happened in Lancashire's cotton mills and Cornwall's tin mines changed the world. Now it's the turn of Silicon Roundabout and the hactivists."

In 1870, the UK was the leading manufacturer in the world, now it is 15th, dwarfed by China and the US. Innovation, say the exhibition backers, provides

a way to re-think our manufacturing base.

Curator Alex Newson said: "Small-scale makers and sellers have typically produced the type of objects that factories don't. But what if small companies, or individuals, began making objects that were previously only viable through mass manufacture?"



Universities minister David Willetts said: "The UK is home to some of the most innovative companies in the world and their designs are essential to keeping the UK at the front of the global race for manufacturing." *The Future Is Here*, until Oct 29, Design Museum, Shad Thames, E1L 7S, designmuseum.org.

# Why house prices are defying expectations

## YOUR MONEY

**A**t the start of the year, housing market experts agreed that any increase in prices across the country would reach two per cent at most.

But now, property search website Rightmove has doubled its forecast for 2013 to four per cent after seeing three months of record prices in a row.

Banks and building societies have said that their "risk appetite" is returning. Evidence of this was shown in recent figures released by the Council of Mortgage Lenders, which said first-time buyer numbers had hit their highest levels for five and-a-half years.



As well as freeing up some stuck housing chains, some analysts say that the increase in first-time buyer numbers is putting an upward pressure on house prices.

Much of the focus has been on London, which has seen a 12 per cent increase in asking prices over the last year to reach an average of more than £500,000.

Several initiatives introduced by the Government have boosted buyer numbers and competition among mortgage providers has become much fiercer since the launch of Funding for Lending last August, giving lenders access to cheap finance to help borrowers.

Other government schemes, such as NewBuy and Help To Buy, have been specifically aimed at giving a helping hand to borrowers with deposits as low as five per cent.

Simon Rubinson, chief economist at the Royal Institution of Chartered Surveyors, believes it is too early to rush to any conclusions. He highlights stricter rules about mortgage lending due to come into force next year, which could put the

brakes on. Some analysts have also suggested that despite the growing confidence, would-be buyers feeling the pinch of high living costs are still "price-sensitive".

Any indication that sellers are coming to market with unrealistic expectations about what price they will achieve could result in a stand-off between sellers and buyers, bringing sales juddering to a halt.

Rubinson also points out that the housing market needs more "oil on the wheels" to get going in some parts of the country than others.

"What's right for Blackpool is not necessarily right for Blackheath," he said.

**Vicky Shaw**

## Business Traveller

News, tips, gadgets etc



### BA increases its Spanish offering

**FLIGHTS** British Airways brought the sight and sound of Spanish culture to London City Airport on Thursday to mark the start of flights to Granada.

BA also announced it was increasing its frequency between London City and Malaga from four to six flights a week.

Flights between London City and Granada will operate all year round, with one-way fares from £85, on a 98-seat Embraer 190 jet four days a week, with an additional flights during the summer.

Granada is very close to the Sierra Nevada Ski Station where the 1996 World Alpine Ski Championships were held, and just an hour from the coast.

BA's Luke Hayhoe said: "Granada has a wealth of cultural and historic interest yet, before today, people currently couldn't fly direct from the UK." *Go to ba.com*.

### Japanese airline finds wire fault

**AVIATION** All Nippon Airways has found damage to wiring on two Boeing 787 locator beacons, which may have caused the fire on Ethiopian Airlines 787 at Heathrow last month.

Boeing asked airlines on Sunday to inspect aircraft worldwide to gather data on Honeywell International Inc emergency beacons that have become the focus of investigations into the Dreamliner.



# LondonEYE



ANDREW WINNING



**MORE FOR MO** Mo Farah of Britain holds a union flag after winning the Men's 3,000m at the London Diamond League Anniversary Games at the Olympic Stadium on Saturday. For more pictures and reports, turn to our Sports pages.

TOBY MELVILLE



**SUPER SUMO** Runners in inflatable Sumo costumes prepare to take part in a three-mile charity run at Battersea Park. All funds raised go towards Link Community Development, a charity that works with children in sub-Saharan Africa.

STEFAN WERMUTH



**FINE DINING** Curator Caroline de Guitaut poses while rearranging the Coronation Banquet exhibit during a media preview of the exhibition *The Queen's Coronation 1953* at Buckingham Palace. The exhibition, which celebrates the 60th anniversary of the coronation, opened on Saturday.

PAUL HACKETT



## ROYAL TOAST

Customers sit outside the Prince George pub in Dalston last week after Prince William and his wife Catherine, Duchess of Cambridge announced that their new son will be called George Alexander Louis, William's office said on Wednesday. The royal baby, third in line to the throne, will be known as HRH Prince George of Cambridge, Kensington Palace said in a statement.

TOBY MELVILLE



**BOUNCING BACK** Gary Sawyer of Leyton Orient throws the ball in during their pre-season friendly match against New York Cosmos at Brisbane Road. The New York Cosmos, who hold the name rights to the club that featured Franz Beckenbauer and Pele and which folded in 1985, were formed in 2010 and will begin playing in the second tier North American Soccer League in August.



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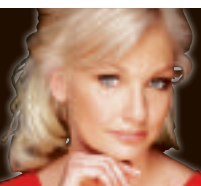
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Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

It's an important day for you and you set the pace for the way things go. Your ruling planet Saturn is telling you what to do, all you have to do is follow.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

If you approach all you do with love, then you'll find love in all you do. Conversations with youngster help you to understand they've long needed a break.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

Today and every day you need to do just one small thing that makes you happy. Do this Aries, and your happiness will grow every day, slowly but surely.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

I know you don't want to lose what you've got, but you don't want it to turn sour either. Talk about what's bothering you and needs to change. Be fresh.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You're avoiding someone, but the more you do this, the more they are on your mind. Be the one to call them to show you're the bigger person. Go on.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

You're not mixing with the best of crowds lately and you want to think more along the lines of quality rather than quantity. Dodge competition in love.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

Although those close to you want what's best for you, that doesn't mean that they always do what's best for you. Don't be led astray or you'll fall down.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Don't be afraid to try your hand at something new in your work today or even to assist others in doing their jobs. The spotlight is on you for this opportunity.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Share the kindness that's in your soul. Today, even the smallest act of generosity can bring great joy to yourself and others. Go out there and do some good.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

A more youthful feel to your chart could see those who know you commenting on how much more relaxed you are lately. Stay well chilled Scorpio.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You may not want to stick to the plans you've made, but you would if you could see what change it will bring about in a close one. Relationships move on.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Setbacks are for a reason. Tune in and listen to what the planets are trying to tell you. There is a better plan ahead than the one you made first time round.

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## Dinner and a Movie

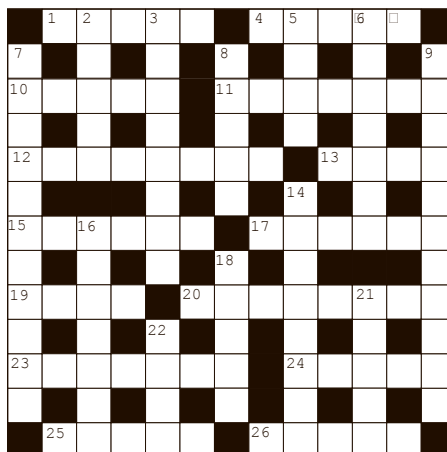


★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name

of this famous Welsh actress who makes an appearance in a line-up of stars in *Red 2*. Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is August 8, 2013. You must include your name and postal address.



## Crossword



### ACROSS

1. French underground (5)
4. Inexpensive (5)
10. Mother-of-pearl (5)
11. Loss of memory (7)
12. Regarded as holy (8)
13. Mountain lion (4)
15. Angora (6)
17. Small pointed beard (6)
19. Uncommon (4)
20. Brolly (8)
23. Develops gradually (7)
24. The aforementioned (5)
25. Male relative (5)
26. Intends (5)

### DOWN

2. Surpass (5)
3. Oratory (8)
5. Sharpen (4)
6. Assault (7)
7. Available to buy (2,3,6)
8. Without clothes (5)
9. Mild analgesic drug (11)
14. Breakfast food (8)
16. Whaler's weapon (7)
18. Break violently (5)
21. Dead language (5)
22. Heinous (4)

ACROSS: 1. Metro; 4. Cheap; 10. Naere; 11. Assault; 12. Hallowed; 13. Puma; 15. Mohair; 17. Goatee; 19. Rare; 20. Umbrella; 23. Evolve; 24. Ditty; 25. Uncle; 26. Means DOWN: 2. Excel; 3. Rhetoric; 5. Honey; 6. Assault; 7. On the market; 8. Naked; 9. Paracetamol; 10. Paracetamol; 11. Assault; 12. Hallowed; 13. Puma; 15. Mohair; 17. Goatee; 19. Rare; 20. Umbrella; 23. Evolve; 24. Ditty; 25. Uncle; 26. Means

## Sudoku

### EASY

6	8	2	1	9	3	7	5	4
	3	4	6	8				
9	5	1		2	7		6	3
2	4			5			3	6
	6	3		4		1	8	7
	7			8		4	2	
3	9			2	4	1		
4		5	8	1	6	3	7	
	1		9	3		6	2	

### HARD

8					2	4		
7			9					
			4		7			
5	1		7			2		
			5					
	4		9		3			
		5	8	3			4	
		7				2	6	
						5	3	1

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP



## Sport

## Cole says Carroll in fine fettle

WEST HAM playmaker Joe Cole believes Andy Carroll's permanent deal will only see the striker entrench the scintillating form crowds enjoyed at the end of last season.

And the prospect of international football will push the frontman to greater heights.

Cole said: "I've played with Andy at Liverpool and West Ham and he is full of confidence now. You can see what a great player he is."



Confidence: Carroll

Carroll is fighting to be fit for the first game of the season while the club have revived their £2.65million bid for Lille striker Salomon Kalou.

Meanwhile, West Ham co-chairman David Gold has defended manager Sam Allardyce's style of football and management.

Gold said: "Sam could not be described as a pussycat but you cannot question the job he's done at West Ham." Giles Broadbent

## Let's get good start and push on from there

## MILLWALL

McDonald tells us why he feels wanted down south

Rob.Virtue  
@wharf.co.uk

**N**ew Millwall striker Scott McDonald said playing for a manager who wanted him was the key to him agreeing a move to The Den this summer.

The Australian joined from Middlesbrough after his contract ran out and admitted life wasn't always rosy in the north-east. Now he's excited about starting afresh in south-east London under Lions boss Steve Lomas.

"I'm looking forward this," said McDonald. "It's a good challenge. It's somewhere I feel more wanted and this is a team that might suit my style of play a bit more."

"When I spoke to the manager there were nothing but positive things. What he thought of me as a player and what he can do to help me succeed this season."

McDonald has added incentive to succeed at The Den.

Australia's qualification for next year's World Cup means the 29-year-old has his sights set on the tournament in Brazil next year. And McDonald, who has 26 caps for his country, said scoring goals would be key to achieving that.

"I'm trying to press for a World Cup place so I need to have a good season to get noticed and get selected," he



Scott McDonald, left, in action for former club Middlesbrough, says he needs to score goals this season

said. "I missed out at the last minute last time. I played every qualifier and then the manager decided not to take me, which hurt quite a lot. So I really want to make the squad this time."

"I need to score goals. I got a few last year but I need more."

McDonald said he had been impressed by the other signings made by Lomas this summer, as well as the competition for places in the forward line. He's also looking forward to playing in front of the Millwall faithful.

"We've got Andy (Keogh), Steve (Morison) and Jermaine (Easter)," he said. "Good young talent and strong competition for places. And the players the manager has brought in show

a real intent to go for it this year. As for passionate fans, I've missed that for a while."

McDonald said he had recovered from a slight knock, which held back his pre-season but was due in training this week and was hoping to be involved in Millwall's first game at home to Yeovil Town.

The striker said there were no easy games in the Championship and added a strong start was essential.

"I don't like to put personal statements on it like: 'We'll push for automatic promotion'," he said. "The important thing is we get a good start and push on from there."

Millwall v Yeovil, 3pm, Saturday

## Team is short on strikeforce

## CHARLTON

ADDICKS fans are hoping for a signing or two before Saturday's big kick-off.

Manager Chris Powell sold back-up keeper David Button and loaned out striker Michael Smith until January this week, leaving the team short up front. Ricardo Fuller and Simon Church were both training with the club but no deal had been done at the time of going to press.

Bournemouth v Charlton, 3pm

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## Weekend Flutter

## RACING

■ At 8-1 I think **Rock Critic** looks rock-solid in the Galway Hurdle on Thursday (today). Dermot Weld traditionally excels at this meeting and his eight-year-old is unbeaten over hurdles. The son of Pivotal will have his chances enhanced if the heavens open. He'll be a tough horse to beat. Ed Quigley

## FOOTBALL

■ **Plymouth** can look forward to a better season in League Two with Romauld Boco and Marvin Morgan in their attack and can win their opening game with Southend. With their opponents weakened by the sale of centre-back Ryan Cresswell to Fleetwood, put money on them at 3-1 to triumph. Daniel Childs

**RACING POST**

For daily expert advice, top tips and the latest news from our experts go to racingpost.com





Clockwise from above, Christine Ohuruogu, Jessica Ennis-Hill and Adam Gemili compete

# A year on they're back with a bang

## ATHLETICS

Familiar faces return to venue of their greatest victories for more action

Kay Lockett  
@wharf.co.uk

One year on from London 2012, the Olympic Stadium came back to life as a sporting venue at the weekend for Sainsbury's Anniversary Games.

Top athletes that graced the track last summer returned to Stratford to compete at the three day event, which included the London Diamond League on Friday and Saturday as well as a third day of action on Sunday dedicated to showcasing the Paralympic champions of 2012.

There was a strong British contingent including **Mo Farah** putting in a familiar winning performance – an impressive final lap earned him victory in the 3,000m and a personal best.

Tower Hamlets athlete **Perri Shakes-Drayton** finished second in the women's 400m hurdles with a personal best of 53.67 seconds.

**Jessica Ennis-Hill**, London 2012 heptathlon champion, finished fourth in the 100m hurdles. She clocked 13.08 seconds in her first hurdles race since last summer after a long-awaited comeback from an Achilles tendon injury. Olympic champion Sally Pearson of Australia won in 12.65 seconds.

**Christine Ohuruogu**, the Olympic 400m silver medalist who grew up less than a mile from the Olympic Stadium made a winning return with a season's best of 50 seconds, the fastest she has ever run outside a major championships.

The 29-year-old was challenged by American Francena McCorory in the home straight, but held her off, winning by 0.13 seconds.

Sprinter **Adam Gemili** won the 100m in a photo finish but dropped the baton in the 4x100m relay, repeating Team GB's relay troubles after being disqualified at the Olympics last year.

The UEL student was again at fault for a baton change and in a similar scenario failed to exchange with James Ellington.

# Paralympians will be back

## ATHLETICS

DISABLED athletes and performers are to return to the Olympic Park to take part in a National Paralympic Day celebration.

The event will be held in the north area of the park which has been redesigned to be fully accessible, where visitors will get a chance to see Paralympic medallists, artists and performers on September 7.

An aerial and sway

performance from award winning theatre company Graeae, *The Limbless Knight*, will be among the highlights from artistic director Jenny Sealey who was joint artistic director of last year's Paralympic Opening Ceremony, along with Bradley Hemmings, artistic director of Greenwich + Docklands International Festival.

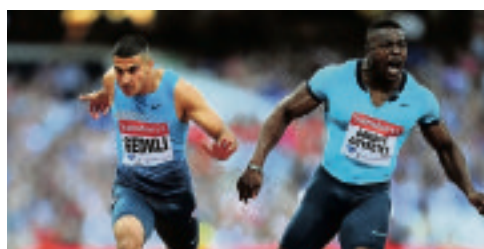
As well as the opportunity to see elite Paralympic athletes in action, the day will

offer family-friendly "have a go" sports activities.

Dennis Hone, chief executive of the London Legacy Development Corporation said: "This will help us maintain the amazing momentum of the Paralympic Games.

"We need a Paralympic legacy that is strong, which is why we've been promoting disability sport with our Motivate East."

For free tickets go to [queenelizabetholympicpark.co.uk](http://queenelizabetholympicpark.co.uk).



# UK's largest cycling event hits London

## CYCLING

A NEW world-class festival of cycling will take place on closed roads across the capital this weekend.

Prudential RideLondon is billed as the UK's largest mass participation cycling festival, with more than 70,000 cyclists taking part.

The celebration of cycling will see four events for all fitness levels, from the Olympic elite to beginners.

The biggest event will be the Prudential RideLondon-Surrey 100 on August 4. More than 20,000 cyclists will tackle a 100-mile ride setting off from Queen Elizabeth Olympic Park, replicating much of the 2012 Olympics road race course.

TfL is warning many roads will be closed over the weekend.

On Sunday Blackwall Tunnel/A12 southbound will be closed from 1am to 9am. The A12 northbound from A13 will be closed from 5am to 9am. A13 eastbound and westbound from A12 to Leamouth Road will be closed from 5am to 9am. Tower Bridge and Southwark Bridge closed from 4am to 3.15pm.

Blackwall Tunnel northbound will remain open throughout the event with access to the A13 westbound and diversions to allow traffic to travel north.

Rotherhithe Tunnel, London Bridge, Blackfriars Bridge and Waterloo Bridge will all remain open. Go to [tfl.gov.uk](http://tfl.gov.uk).

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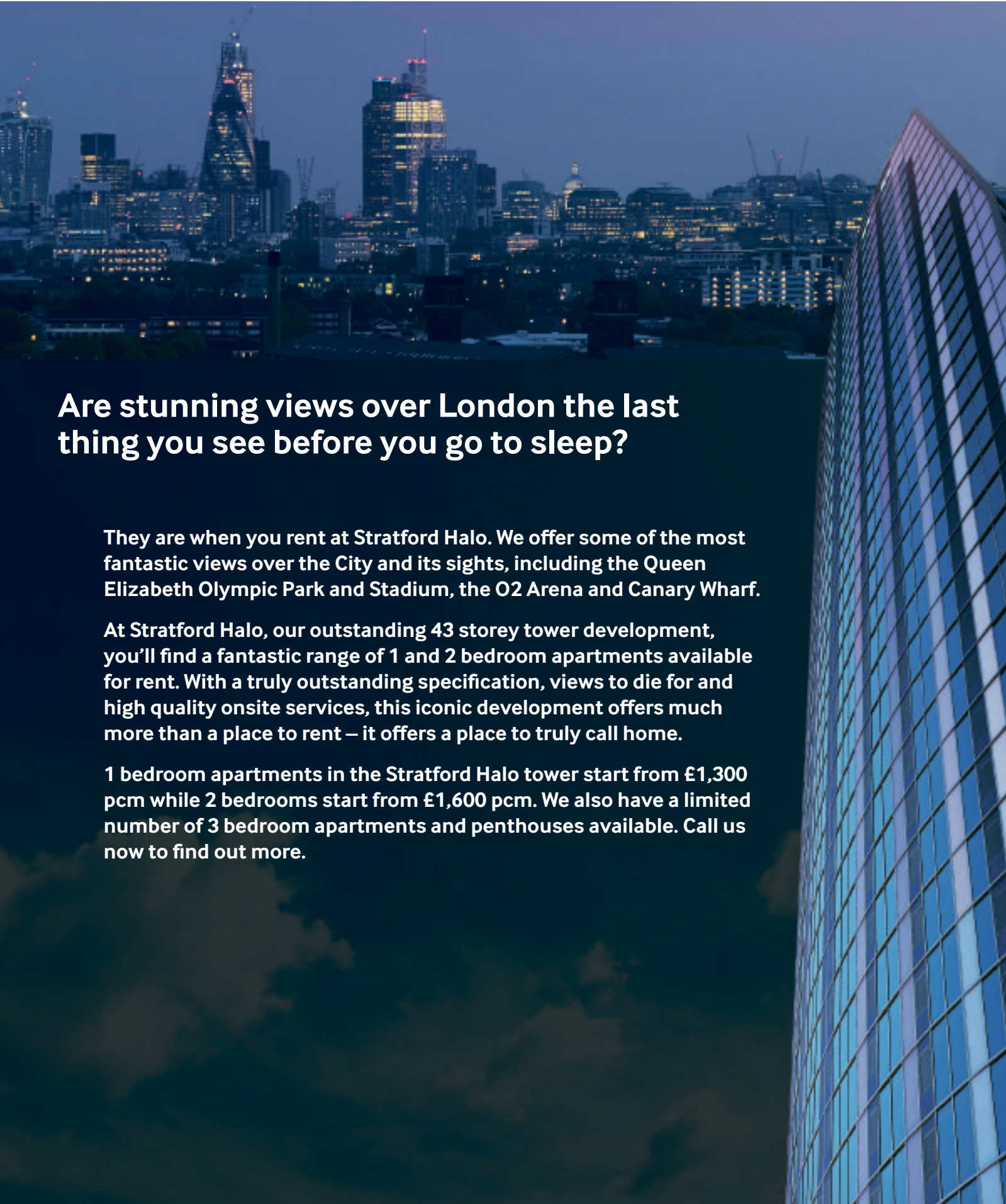
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# PROPERTY

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Why living  
at Marine  
Wharf works  
for my life

P17

How to find  
your style in  
three simple  
stages

P21

# 3

of the best  
properties  
available in  
Docklands

P16



## Flats in the south are helped by investment

Regeneration funds pumped into the area should benefit buyers [Page 16](#)

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# Strong ethics, a duty of care and sound finances

Developer hopes to tempt Wharfers to the south with regeneration story

**Beth Allcock**  
@wharf.co.uk

Investment of more than £1billion being pumped into the Elephant and Castle area means "a real sense of change is in the air," according to one of the area's property developers.

L&Q's Albany Place scheme – set to launch its second phase Burgess Terrace next month – is nestled within the regeneration hotspot, which has seen an £8million re-vamp of neighbouring Burgess Park as well as a commitment by Southwark Council

of £1.5billion during the next 15 years.

With the initial offering, Ruskin Walk, attracting a mix of buyers, the company's assistant director of marketing Olivia Scrimshaw said the modern development and its surroundings offered "something for everyone".

She said: "It's so close to everything Zone One has to offer and it's a short bus ride to Elephant and Castle Tube.

"You have got Camberwell down the road with arts and crafts and it's got a cool vibe happening that's good for first-time buyers.

"There's an eclectic mix of shops and you're just a hop, skip and a jump to Borough Market and the South Bank.

"We have had the regeneration of Burgess Park and over the last



**Olivia Scrimshaw**

few weeks it has been amazing weather, it has been so well used."

The green space, packed with sporting facilities including a cycle track and tennis courts, will become familiar to Albany Place's next residents, as many homes at Burgess Terrace overlook it.

But what about those who snapped up new homes in the first phase?

Olivia said the scheme had attracted a mixed profile of buyers.

She said: "We have had a lot of first-time buyers. The price point was so attractive for a central London location and investors who can see the regeneration and the future plans for the area will have huge benefits.

"There have been some buy-to-let investors too – it's really worthwhile

**W** Why might Wharf workers buy here?

"They can jump on the first phase of regeneration of a very central London location with excellent transport links."

for them, especially for those working in Canary Wharf.

"They can jump on the first phase of regeneration of a very central London location with excellent transport links."

The scheme's proximity to the Tube means Wharfers who chose to call Albany Place home can travel from door to desk in half an hour.

One-bedroom apartments at Ruskin Walk start at £220,000.

Go to [ruskinwalk.co.uk](http://ruskinwalk.co.uk) or call 0844 406 9290.



An artist's impression of Burgess Terrace, the second phase of Albany Place. Inset, a show home interior at the development



## Why one stop on Tube could cost you £76pw

IS A shorter commute really worth the extra cost?

Rentonomy, a London rental website, asked this question when it looked at how fast weekly two-bed rents changed when increasing the number of minutes' distance via the Tube from central London.

The firm's research found that across the network (excluding Zone One), a shorter Tube commute will cost you an extra £5.60 per week on average, for every minute saved.

However, in many cases the figure is significantly higher. The sharpest increases are seen along the Victoria line where the average

rise per minute is £11.20 per week as you get closer to Oxford Circus.

The biggest single jump is Kilburn Park to Maida Vale on the Bakerloo line where rents jump by a massive £76 per week for each minute.

David Butler, director of research at Rentonomy, said: "If you are a tenant looking to live as centrally as possible it really pays to consider which Tube station you live near."

"For example, living near Kilburn Park rather than Maida Vale on the Bakerloo line is only one-and-a-half minutes further from Oxford Circus but average two-bed rents are nearly 25 per cent lower."

**Kay Lockett**



Rental property gets cheaper by £5.60pw for each minute of commute further away you let from central London, excluding Zone One

# This new-build property is a great fit for all my needs



Satisfied customer: Gary Zetter says Marine Wharf is well located and on-site facilities make living a breeze. Below, a typical room at the development

**Rob.Virtue**  
@wharf.co.uk

**A** relaxing dockside environment with an easy commute to work was what attracted construction manager Gary Zetter to Surrey Quays development Marine Wharf.

The 49-year-old moved into the 454 apartment scheme after friends had also bought there.

"Surrey Quays is incredibly peaceful," said Gary, who shares the flat with his partner.

"The lifestyle really appealed to me

and all the planned facilities make it a very convenient place to live.

"We'll get a Tesco Express and a residents' fitness centre, which is great for me because weight training is something I enjoy, as well as the Thames Clipper service and new linear park on our doorstep. My office is moving to London Bridge soon, so I'll be able to get a boat from Greenland Pier and I can't think of a better or more relaxing way to travel to work."

Marine Wharf is situated on part of the former Grand Surrey Canal. Developer Berkeley has nodded to this maritime history with the interiors.



Gary said he was delighted with the design of the apartments.

He said: "I first started looking for a property about a year ago and the dockside scene in Surrey Quays was what initially attracted me to Sirius House at Marine Wharf."

"The spacious outdoor space that

came with my specific apartment is important to me, especially because my partner loves gardening and potted plants, and I was looking for a property that would be a good fit for us and the kind of lifestyle we both wanted."

The first phase of the development has sold out completely but the second phase, comprising Cadmus Court and Navigation House has just been released.

One-bedroom homes start at £392,000 while two-beds start at £477,500.

Go to [marinewharf.co.uk](http://marinewharf.co.uk).



## Create the illusion of greater space

**A** gentleman's home really is his castle, no matter how large or small it is.

At some stage we all outgrow the space we have to live in, simply by accumulation of personal items.

Resolving a lack of space can be achieved in many ways. This week, in the first of a three part special we are looking at decoration.

You would be surprised what can be achieved by decorating alone, this can make the space look and feel larger without moving any walls.

With colour, furniture arranging, and some serious lighting, your space won't feel so cramped. With furniture and accessories blocking the view into a room and out to open spaces, a room will look cramped.

By moving furniture out and away from walkways, you'll open up the space and make it feel larger. Coffee tables are great in large spaces but don't work in smaller ones. If you can see the

floor, the room will look larger. Light bright spaces feel much larger than small enclosed spaces so think about

the colour on the walls. White is a good choice for the smallest of studio apartments.

Avoid using dark colours as these can suck out what light there is in a room and make the room feel more closed in.

Choose colours that are in the same colour spectrum. Use the same tone on furniture, walls, and curtains, and use the same colour throughout the house or apartment to increase the sense of continuity.

Let in the light, any room will look larger if it's well lit, either by natural light or artificial lighting.

Blinds or shutters that can be pulled right back away from the window are great.

Add more lamps or install wall lights or recessed lighting. Use of glass bricks in kitchens and bathrooms can let in light and create a special feature.

Over the next two weeks I'll be looking at other ways to maximise the storage in your home.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk).



# Creating your dream home is as easy as one, two and three



Designer Cate Burren tells **Gabrielle Fagan** how to get that professional finish in your new pad

**D**ecoristas call it Room Porn – the pure pleasure of sitting down with an interiors magazine, admiring and envying beautiful rooms created by designers.

But so often we come back down to earth with a bump when we try to design our own rooms. Limited space, a tight budget and an avalanche of assorted family possessions get in the way.

Interior designer Cate Burren, however, believes it's her mission to "take away some of the mystery of the interior design process".

She said: "I realised through running evening classes to help people design their own home that a step-by-step approach is relevant to every project, whether a mansion or a small flat.

"At the end of the day, the whole purpose of interior designing a

home is to achieve the best possible surroundings for the people who live in it.

"We all want lovely, personal spaces to live in and by following a tried-and-tested approach it really is possible to achieve."

Burren has created a dream decor blueprint in her new book, *Secrets Of A Stylish Home*.

She said: "Of course, it can be tricky because there are so many looks to choose from and seemingly endless trends. People get overwhelmed."

"Often someone will look at a friend's house that they admire and try to replicate it, but while a style might work in one home it may not in another."

"It's important to work out exactly what your own personal taste is, which will make it so much easier to identify what you like and don't like."

Creating a home that reflects your taste isn't just about choosing colours and furnishings. It's about understanding how to use space and style.

"Sometimes you'll make mistakes but it's worth persevering," said Burren.

"Our home is our cave, our nest, our retreat, our theatre. It's where we wake up, cry and laugh and it protects us from the rest of the world."



Burren has come up with three steps to help you create a designer home:

## ONE: FIND YOUR STYLE

Understanding your zeitgeist will give you confidence and a clear sense of your personal design identity.

Burren said: "Although I love retro style and am instantly drawn to mid-century modern furniture, for example, I've learnt it's not a look I actually like to live with."

"So while I'll have an odd small piece, I'd never buy a statement piece,

like curtains or a sofa. Try to stay true to what you feel comfortable with."

The architectural style of your home is important but it's only one factor.

■ **Designer tip:** Collect pictures of rooms that appeal to you in magazines, even if there are a few elements you

Burren's book contains a large amount of Room Porn including a media room layout, above, and Tongue in Cheek chairs by Peter Harvey, left





don't like – just note down what they are.

Burren said: "Having a reaction is what counts and it will help you realise what you like.

"The clothes you wear, or would like to wear, can be a source of inspiration. If you tend towards classic tweeds, you may like more traditional interiors.

"If you only ever wear neutrals, you probably won't want a riot of colour at home.

"Films are also a great source of inspiration because they often show an interior in not only surprising detail, but also in a lifestyle context.

"Think about your style in different ways – the way you like to dress, the car you like to drive, hotels you like to stay in or simply what inspires you. Slowly, a feel for your own personal look will emerge."

## TWO: SPACE AND PLAY

It's natural to want to choose colours, move furniture around or get building work under way to make a home your own, but looking at the way you use a home is the priority.

Burren said: "The first step is to write down what you need from your living space. This shouldn't be a list of the rooms you have, but the way you want to live and activities you want to do at home.

"You might want an area for friends to practise yoga, a room where children can do homework and hobbies, or even space for a two metre-long aquarium.

"They're all requirements clients have wanted and I've incorporated in layout plans. Obviously, if you like

**Burren shows off exposed brickwork and retro-style furniture in her design guide**

**W** How do I identify what I like?

**"Think about your style in different ways – the way you like to dress, the car you like to drive or hotels you like to stay in."**

**Cate Burren**

cooking and entertaining, an open plan kitchen-dining area will work well.

"If that's not what you enjoy, a formal dining room would be wasted and better used as a home office area."

■ **Designer tip:** The layout of many buildings cannot be changed without a lot of expense but don't be too quick to limit yourself.

Burren said: "A small structural change, such as removing a wall or repositioning a doorway, can make an enormous difference without breaking the bank," she says.

"If estate agents' plans mark out rooms for set uses, I delight in taking away all previous references to the room uses and seeing if other layouts work.

"Very often they do, because everyone lives so differently."

## THREE: CREATE THE DREAM

Once you've got layout plans for your home and have established how you want to use your space, look at the

work that needs to be done in your home, from electrical to building work.

"Then you can create your scheme," said Burren. "You must trust your own judgment, and put aside any thoughts of what other people think is stylish.

"This process is about your own preferences. I like to create a board of style pictures, paint colours and fabrics.

"I keep pictures of products and furniture that I want separate, and spend time checking out all sorts of sources to get a good price, from online sites to auctions.

"You will finally start to be able to see your look, and recognise that some elements of your scheme won't conform to the style you've identified as yours.

"That's fine. I like a fairly traditional look, but I also enjoy contemporary art and that needs lots of really good lighting, so I stick to that combination. It's knowing what works for you."

■ **Designer tip:** It's important to ensure paint colours you use flow well through the various rooms and corridors.

Burren said: "If you can, decide on all the room colours before looking for the connecting colours for hallways, stairs and landings.

"Aim for a view from the hall or landing of a range of colours that happily combine, rather than clash, when the doors of the various rooms are left open."

*Secrets Of A Stylish Home by Cate Burren, photography by Simon Whitmore, is published by Merrell Publishers, priced £24.95.*



**More ideas from Burren's design book:**  
Above, under-stairs storage  
Left, black and white pieces  
Below, a dining and living area







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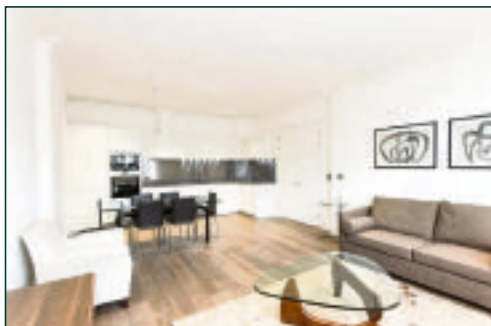
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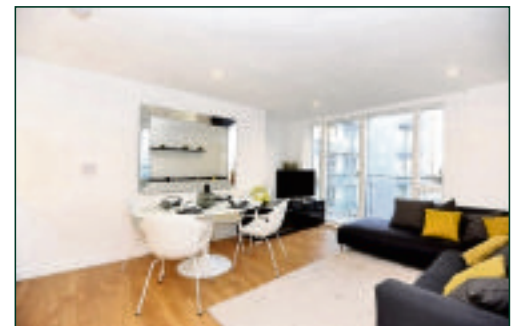
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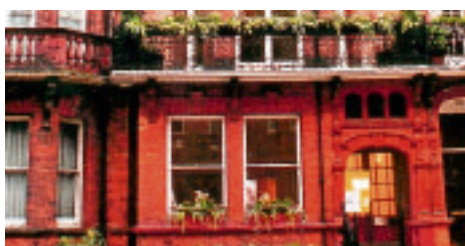
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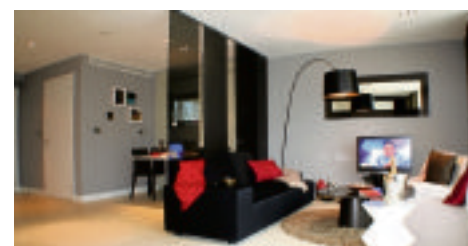
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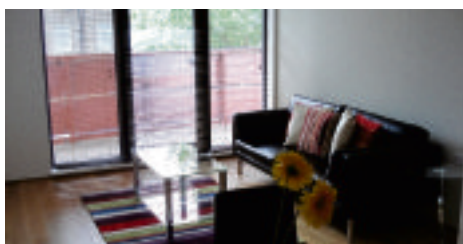
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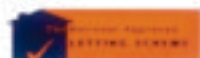
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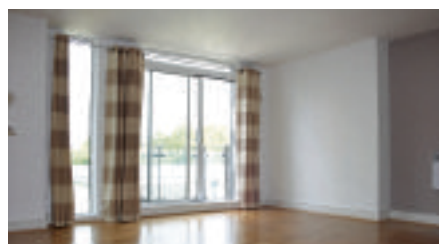
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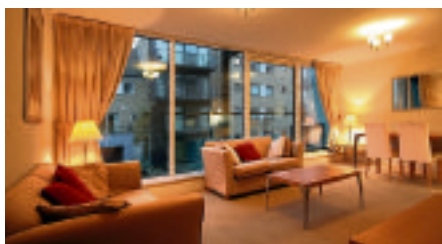
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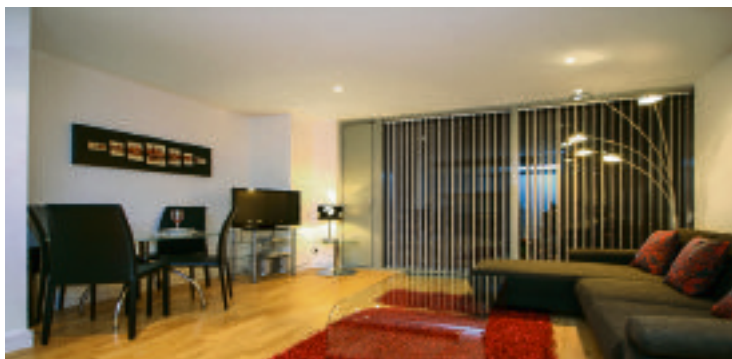
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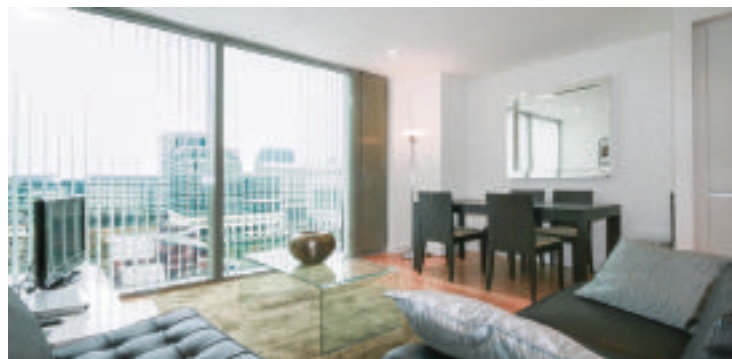
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£ 370 p/w



## Denison House - Lanterns Court E14

A large 1 bedroom apartment with southerly views located on the seventh floor in the popular Lanterns Court development a stones throw from Canary Wharf. comprising 1 large double room, generous entrance hallway and modern open plan kitchen reception room leading to the balcony. The property has the added benefit of coming with an underground parking space. Early viewing is highly recommended, Long Leasehold. **Asking Price £ 360,000.00**



## The Landmark - West Tower E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

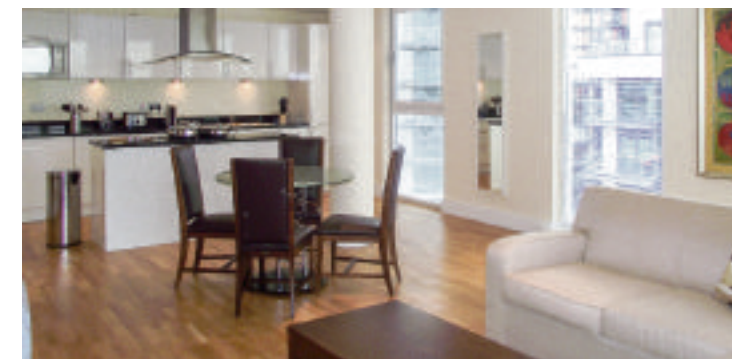
**Asking Price £ 360,000.00**



## Streamlight Tower E14

2 bedroom, 2 bathroom apartment | available Now | Near Blackwall DLR | Walking distance to Canary Wharf | Amazing City Views

£ 470 p/w



## Cobalt Point - Lanterns Court E14

Stunning 2 bedroom, 3 bathroom apartment | available Now | Allocated Parking bay included | Close to South Quay DLR

£ 650 p/w



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Estate Agents | Land & Development Consultants



## Papermill Wharf, E14

- £529,995
- Two bedroom apartment
- Located on Narrow St
- Secure parking
- 24hr concierge
- Chain free



## Aegon House, E14

- £384,995
- Two bedroom apartment
- Secure parking
- Chain free
- Sixth floor
- Close to DLR



## Arnhem Wharf, E14

- £464,995
- Two bedroom apartment
- Study/home office
- Ground floor
- Secure parking
- Chain free



## Avant Garde, E1

- £462,500
- One bedroom apartment
- 10th floor
- New build
- Stunning views
- City fringe location



## Millennium Drive, E14

- £274,995
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- Chain free
- Day porter
- Juliet balcony



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- Wood Flooring



### Lovegrove Walk E14

- £295 Per Week
- Balcony
- Canary Wharf Views
- Spacious one bedroom apartment
- Double bedroom with fitted storage
- Furnished



### Ocean Wharf, E14

- £425 Per Week
- Double Aspect River Views
- Two Double Bedrooms
- Two Bathrooms
- Two Balconies
- 24 Hour Concierge



### Lumina Building, E14

- £400 Per Week
- Wood flooring throughout
- Two bedrooms
- Furnished or unfurnished
- Dock and Marina Views
- Fully fitted kitchen



### Chart House, E14

- £395 Per Week
- River Views
- Two Bedrooms
- Secure Parking
- Two Bathrooms
- Available Mid August

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**Baltimore Wharf, E14**

**£330,000 L/H**

- Studio Suite
- 344sqft, 2nd floor
- Dock Facing
- Crossharbour DLR

EPC - B



**Baltimore Wharf, E14**

**£349,995 L/H**

- One bedroom
- Luxury apartment
- Pretty Terrace
- Gym, spa & 24hr concierge

EPC - B



**Landmark West, E14**

**£375,000 L/H**

- One bedroom
- 8th floor, 559sqft
- Courtyard facing
- Gym & 24hr concierge

EPC - B



**Caspian Wharf, E14**

**£380,000 L/H**

- Two bed, two bath
- 4th floor, Dual aspect
- Allocated parking
- Devons Road DLR

EPC - B



**Marine Wharf, E14**

**£390,000 L/H**

- Two bed, two bath
- Brand new apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC



**Landmark East, E14**

**£470,000 L/H**

- Investment Opportunity
- One bedroom
- 538sqft, 39th floor
- Achieving £21,320 pa

EPC - B



**Pan Peninsula West, E14**

**£650,000 L/H**

- Luxury apartment
- Two Bed, Two Bath
- Gym and concierge
- Close to DLR and Canary Wharf

EPC - C



**Landmark East, E14**

**£690,000 L/H**

- Two bed, two bath
- 25th floor, Panoramic views
- 24hr concierge & gym
- Luxury development

EPC - B



**Canary Riverside, E14**

**£750,000 L/H**

- Riverside development
- Two Bed, Two Bath
- Allocated Parking
- 24hr Security and Concierge

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Baltimore Wharf, E14

£300pw

- Luxury studio
- Dockside development
- Courtyard views
- South Quay DLR



Landmark East, E14

£360pw

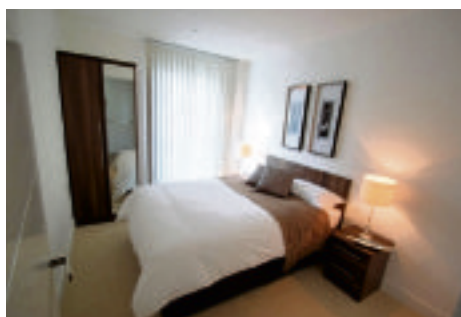
- One bedroom
- 15th floor, north facing
- 24hr Concierge & gym
- Heron Quays DLR



Victoria House, SE16

£360pw

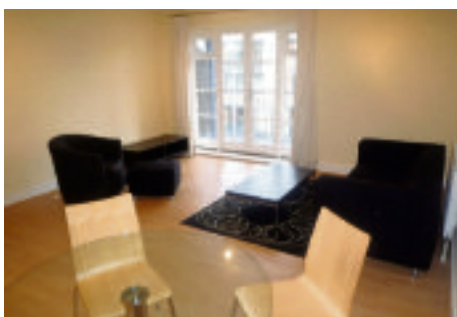
- One bedroom
- 15th floor, north facing
- 24hr Concierge & gym
- Heron Quays DLR



Marine Wharf, SE16

£390pw

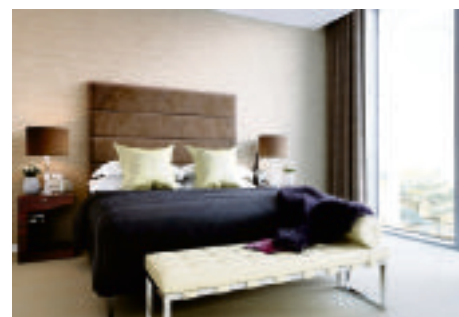
- Two bed, two bath
- Beautifully designed
- Residents Parking
- 24hr Concierge & gym



Hamilton House, E14

£420pw

- Two bed, two bath
- Balcony & parking
- Concierge service
- Limehouse DLR



The Heron, EC2

From £485pw

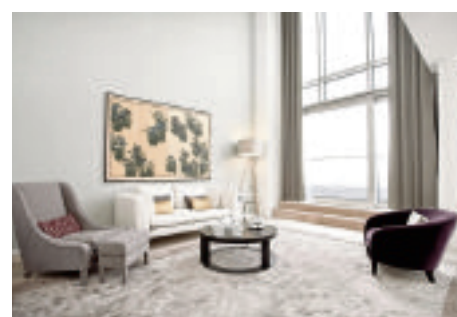
- Stunning array of studio suites
- Brand new luxury development
- Fully furnished, high specification
- Located in the heart of the City



Landmark East, E14

£590pw

- Brand new apartment
- Two bedrooms, two bathrooms
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- Heron Quays DLR



Baltimore Wharf, E14

£800pw

- Two bedrooms, two bathrooms
- Luxury duplex apartment
- Gym, pool & 24hr Concierge
- Crossharbour DLR



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*Felicity J. Lord*



**STRAIGHTSMOUTH, SE10**

**£635,000**

Accommodation comprises three bedrooms, two bathrooms, guest WC, kitchen/diner, reception, and a private rear garden. The property is laid out in a very user friendly fashion, and suits modern living perfectly. It is decorated throughout in neutral tones, and also offers ample storage.

**GREENWICH**  
020 8293 8555  
Ref: FJL027103072  
EPC - B



**GREENWICH MILLENNIUM VILLAGE, SE10**

**£450,000**

A larger than average, light and airy apartment located on a sought after riverside development, featuring generous accommodation, courtyard views, and secure parking.

**GREENWICH** 020 8293 8555  
Ref: FJL027103971 | EPC - B



**ASHBURNHAM TRIANGLE, SE10**  
**Guide Price £700,000-750,000**

A beautifully presented period terrace, located in the sought after Ashburnham Triangle in West Greenwich, with exceptionally easy transport links to Canary Wharf and The City.

**GREENWICH** 020 8293 8555  
Ref: FJL027103931 | EPC - C



**GLOBE WHARF, SE16 £500,000 - £520,000**

A two bed, two bath warehouse conversion on the fourth floor of this popular converted Rice Mill, the property benefits from exposed brickwork, separate kitchen and allocated parking as well as en-site gym and use of swimming pool.

**SURREY QUAYS** 020 7237 2320  
Ref: FJL113200846 | EPC - C



**THEATRE TOWER, SE8**

**£460,000**

A stunning two / three bedroom, two bathroom split level penthouse apartment as part of this modern development close to Greenwich Village, benefitting from allocated secure parking and concierge.

**SURREY QUAYS**  
020 7237 2320  
Ref: FJL113200842  
EPC - C



**EDWARD SQUARE, SE16 £425,000 - £450,000**

A two bedroom, two bathroom newly refurbished top floor apartment, the property is set within a gated development and benefits from river views, allocated parking and being finished to a high standard throughout.

**SURREY QUAYS** 020 7237 2320  
Ref: FJL113200859 | EPC - C

**THE CIRCLE SE1**  
**£1,225,000**

A chance to acquire one of the most beautiful penthouses within the renowned Circle development in the heart of Shad Thames. Features include 36' terrace with views of the Shard, luxury kitchen and bathrooms and secure parking.

**SHAD THAMES**  
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EPC - E



**PAGES WALK, SE1**

**£875,000**

A stunning collection of only nine beautifully appointed three and four bedroom townhouses just moments from fashionable Bermondsey Street. Internally these homes will be finished to a very high specification all with private gardens.

**SHAD THAMES** 020 7089 6490  
Ref: FJL027604371 | EPC - C



**ALASKA BUILDING, SE1**

**£1,000,000**

A chance to acquire this stunning penthouse apartment with breathtaking views of the city. Found in the popular Alaska Buildings, this impressive property offers a 60' terrace, floor to ceiling windows and secure parking.

**SHAD THAMES** 020 7089 6490  
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*Felicity J. Lord*



**CITY TOWER, E14  
£289,995**

This immaculate one bedroom apartment come with a stylish contemporary interior and a lovely east facing aspect with views over private gardens. This well located apartment is within a 10 minute walk to Canary Wharf and comes with 24 hr concierge.

**CANARY WHARF**  
0207 987 6776  
Ref: FJL026904142  
EPC - B



**PAN PENINSULA, E14 £339,995**

Being one of the largest types of Studio Suites available within the building this stunning 10th floor apartment also affords fabulous westerly views. Finished to a high specification throughout and incl. a large west facing balcony. 5 star on site facilities include 4000 sqft residents gym with pools, private cinema, 24 hr concierge and roof top cocktail bar.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904146 | EPC - C



**QUAY VIEW APARTMENTS, E14 £375,000**

Offering beautiful views over Millwall Dock and sailing club is this well proportioned two double bedroom apartment, close to Mudchute DLR. With floor to ceiling windows and a contemporary interior this large apartment also comes with parking.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904147 | EPC - C

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**NEW ATLAS WHARF, E14 £449,995**

A two double bedroom apartment positioned on the 3rd floor of this popular gated riverside development. This apartment comes with fabulous on site facilities including 24 hour concierge, river facing gym and parking. Be quick to view this rare apartment!

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904139 | EPC - C



**BARNSDALE AVENUE, E14  
£499,995**

Sold in 1 day, similar required for waiting buyers. This immaculate three double bedroom family sized house comes with a lovely east facing garden and a useful integral garage. With well proportioned rooms and a contemporary interior this house is in perfect condition throughout.

**CANARY WHARF**  
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Ref: FJL026904143  
EPC - C



**ST DAVID'S SQUARE, E14 £489,995**

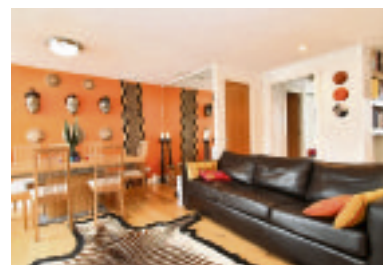
We have recently sold this 3 bedroom apartment in St David's Square at the full asking price and have several buyers waiting for similar properties.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026904100 | EPC - C

**PENINSULAR COURT, E14  
£374,995**

This beautifully presented apartment is spread over the top two floors of this well located private gated development. With well proportioned south facing rooms this contemporary styled apartment also comes with parking.

**CANARY WHARF**  
0207 987 6776  
Ref: FJL026903908  
EPC - C



**PIERHEAD LOCK, E14 £439,995**

This well proportioned apartment has bright easterly views towards The River Thames. With spacious rooms and a contemporary interior this conveniently located property also comes with two bathrooms, balcony and gated parking.

**CANARY WHARF** 0207 987 6776  
Ref: FJL026903649 | EPC - C



**WAREHOUSE K, E16 £550,000**

This authentic warehouse apartment comes with plenty warehouse charm and includes many original warehouse features. Spread over 1400sqft this three double bedroom apartment also includes a large terrace and two parking spaces.

**CANARY WHARF** 0207 987 6776  
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- \* Four bedroom duplex apartment
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- \* Two bathrooms
- \* Furnished with parking
- \* Circa 1,362 square feet
- \* Close to Limehouse Station



### SALOON HOUSE, BRUNTON PLACE, E14 £220 pw

- Large one bed apartment
- First floor
- Close to Limehouse Station
- Available 17th August



### RESERVOIR STUDIOS, CABLE STREET, E1W £385 pw

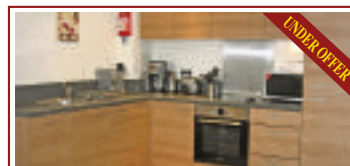
- Two bedroom apartment
- First floor and furnished
- Separate kitchen and balcony
- Available Now



### THE PANORAMIC, LONDON, E14 £285,000

COMPLETION JULY 2013

- Off Plan Opportunity
- One Bedroom Apartment
- 523 sq ft with balcony & city views
- Close to Langdon Park DLR



### ZENITH, 600 COMMERCIAL RD, E14 £440,000

- Two bedroom apartment
- Circa 869 sq ft on fourth floor
- Open plan with balcony
- Close to Limehouse DLR

## BLACKHEATH & GREENWICH



£400,000

### METCALFE COURT, GREENWICH, SE10

- \* Three bedroom apartment
- \* 1st floor with decked terrace
- \* Circa 785 square feet
- \* Open plan living space
- \* Car Parking Included
- \* Excellent local amenities
- \* Close to North Greenwich Station



### VENICE CORTE, RENAISSANCE, SE13 £340 pw

- Two bedroom apartment
- Unfurnished on 2nd floor
- Excellent transport links
- Available Soon



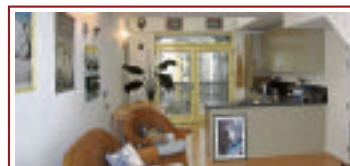
### WILLIAM COURT, GREENWICH, SE10 £280 pw

- One bedroom apartment
- Unfurnished on third floor
- Near Deptford Bridge DLR
- Available 27th August



### METCALFE COURT, GREENWICH, SE10 LET

- Three bed apartment
- 3rd floor with two balconies
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### BECQUEREL COURT, GREENWICH, SE10 £419,999

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### Discovery Dock Apartments, E14

£625,000 Leasehold

A very well-presented 926sq ft 1st floor 2 bedroom 2 bathroom apartment in the sought-after Discovery Dock East development. The property benefits from dock views from the reception & master bedroom, secure parking & full leisure facilities. EPC Rating: C



### Papermill Wharf, E14

£999,995 Share of freehold

A 2nd floor 1598sq ft 3 bedroom apartment located in this popular Limehouse development on Narrow Street. Features include: vaulted ceilings, river views and refurbished kitchen & bathrooms. Daytime portorage and secure parking included. EPC Rating: C



### Ontario Tower, E14

£285,000 Leasehold

A high-spec 374sq ft, West-facing 21st floor studio/suite apartment in the prestigious Ontario Tower at New Providence Wharf. The apartment benefits from excellent river & Canary Wharf views, 24 hour concierge, & very good on-site leisure facilities. EPC Rating: D



### West India Quay, E14

£975,000 Leasehold

A rarely available 25th floor 1350sq ft 2 bed 2 bath apartment in one of Canary Wharf's premier developments: No. 1 West India Quay. The property benefits from towering West-facing river & City views, secure parking & is offered chain free. EPC Rating: C



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### Augustine Bell Tower, E3

£500 per week

A beautiful penthouse apartment in this popular residential development close to Victoria Park and Bow Road tube stations. The apartment comprises 2 double bedrooms, 2 bathrooms, large reception with fully fitted open plan kitchen, private balcony boasting spectacular views of the City and a secure underground parking space. EPC Rating C



### Anchorage Point, E14

£495 per week

A modern apartment which benefits from a spacious reception with balcony and direct river views, 2 double bedrooms, 2 bathrooms (one en suite), fully fitted kitchen, reception room and allocated parking space. The development itself has a porter, gym and swimming pool and is located walking distance from Canary Wharf and all its amenities. EPC Rating D



### New Atlas Wharf, E14

£675 per week

A beautifully finished apartment in this desirable riverside development. The property comprises 3 double bedrooms (master with en suite bathroom) additional family bathroom, separate kitchen and spacious reception with private balcony enviably boasting views of the river and secure parking. The development benefits from a 24 hour porter and residents gym. EPC Rating B



### Lewis House, E14

£435 per week

A beautifully finished apartment ideally located for access to Canary Wharf and all its amenities. The apartment has been completely modernised throughout and comprises 2 double bedrooms, master with en suite bathroom and access to the balcony, modern bathrooms spacious open plan kitchen with state of the art appliances, balcony and wooden floors throughout. EPC Rating E

#### Dundee Court, E14

£375 per week

A well presented two bedroom apartment in the well located Dundee Court. The property features reception with wooden flooring, fitted kitchen, two double bedrooms, bathroom and ample amounts of storage. EPC Rating C

#### Victoria Wharf, E14

£650 per week

A beautiful apartment on the very desirable Narrow Street in Limehouse. The apartment boasts unsurpassed river views 2 large double bedrooms and is ideally located close to Limehouse DLR for access across London. EPC Rating B

#### Studley Court, E14

£295 per week

A modern one bedroom apartment located within this popular riverside development. The property benefits from a balcony and allocated parking space and is located a short walk away from local shops and amenities, as well as East India DLR station for easy access into Canary Wharf and the City. EPC Rating C

#### Plymouth Wharf, E14

£370 per week

A spacious and recently refurbished apartment in this popular private residential development. The property benefits from 2 double bedrooms, 1 bathroom, spacious reception with access to a private balcony boasting direct river views. The development is located walking distance to Island Gardens DLR and the Greenwich Foot Tunnel. EPC Rating C

#### Ontario Tower, E14

£395 per week

A modern 16th floor apartment in this prestigious development close to Canary Wharf. The apartment benefits from across Canary Wharf and the City from the floor to ceiling windows and state of the art fixtures and fittings. The development has a 24 hour porter and leisure facilities. EPC rating C

#### Ferndown Lodge, E14

£300 per week

A charming three bedroom in this residential development located walking distance to Island Gardens DLR. The comprises 2 double bedrooms one bathroom open plan kitchen reception and allocated secure parking. EPC Rating B

#### Welles Court, E14

£395 per week

A superbly situated one bedroom property available within walking distance to Canary Wharf and Westferry DLR station. This modern apartment is well maintained and the development has lift porter and covered parking. EPC Rating B

#### Cold Harbour, E14

£615 per week

A charming three bedroom split level apartment. The building was originally the very first River Police Station in London and has many original features such as exposed brick work and wooden floors. The property comprises 3 double bedrooms, 2 bathrooms river facing balcony and Canary Wharf facing roof Terrace. EPC Rating D

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- 2nd Floor
- One Bathroom
- Good Size

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**Hadleigh Walk, Beckton, E6**

- Studio Flat
- Ground Floor
- One Bathroom
- Beckton DLR Station

**£98,995 Leasehold**



**Aegean Apartments, Excel, E16**

- One Bedroom
- 24hrs Concierge
- Fully Furnished
- Available 01/09/13

**£270 Per Week**



**Elektron Tower, Docklands, E14**

- One Bedroom
- 14th Floor
- Fully Furnished
- Bills Included

**£325 Per Week**



**Dunnock Road, Beckton, E6**

- One Bedroom
- 3rd Floor
- One Bathroom
- Parking

**£134,995 Leasehold**



**Sheerwater Road, Beckton, E16**

- Two Bedrooms
- Terraced House
- One Bathroom
- Close To A13

**£224,995 Freehold**



**Ability Place, South Quay, E14**

- One Bedroom
- 19th Floor
- Fully Furnished
- CW & Dock Views

**£370 Per Week**



**Cobalt Point, South Quay, E14**

- One Bedroom
- 7th Floor
- Fully Furnished
- 24hrs Concierge

**£350 Per Week**



**Tollgate Road, Beckton, E6**

- Two Bedrooms
- 1st Floor
- One Bathroom
- Close To Local Amenities

**£199,995 Leasehold**



**Jade Close, Beckton, E16**

- Two Bedrooms
- Terraced House
- One Bathroom
- Garden

**£224,995 Freehold**



**Denison House, South Quay, E14**

- One Bedroom
- 9th Floor
- Fully Furnished
- Leisure Facilities

**£355 Per Week**



**Studley Court, Virginia Quay, E14**

- Two Bedrooms
- 5th Floor
- Fully Furnished
- River Views

**£395 Per Week**

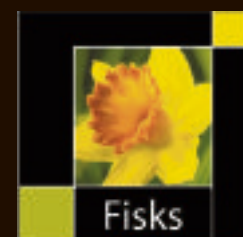
## DOCKLANDS REAL ESTATES

59 Millharbour, London E14 9TD

Telephone: 020 7510 2288 Fax: 020 7510 2211

info@docklandsrealestates.com www.docklandsrealestates.com





## DOCKLANDS

**Balearic Apartments, E16 £325 p/w**

Balearic Apartments, Capital East. One Bedroom 6th Floor Apartment. 685 Sq ft \ 64 Msq. Large Balcony Views Of The Dock And Canary Wharf. Concierge Service And Gym. Royal Victoria DLR. EPC Rating: 'C'.

**Docklands 0207 517 8810**

**Dundee Wharf, E14 £420 p/w**

Gated Development. Two Bedroom, Two bathroom Apartment. 79 Msq / 850 Sq ft. South West Facing Views Of The River Thames. Located A Short Walk From Narrow Street And Westferry DLR Easy Access To The City And Canary Wharf. Allocated Parking Bay And 24 Hour Concierge Service. EPC Rating: 'C'.

**Docklands 0207 517 8810**

**New Atlas Wharf, E14 £1,200 p/w**

Top Floor Three Bedroom, Two Bathroom Apartment. 1,851 Sq ft. Wonderfully Bright Reception With West Facing Aspect And Floor To Ceiling Windows. Patio Doors To Large Terrace. Panoramic Views Across The River Thames Towards The City. 24 Hr Concierge, Leisure Facilities And Secure Parking. EPC Rating: 'C'.

**Docklands 0207 517 8810**

## BENFLEET &amp; CANVEY ISLAND

**Glebelands, SS7 £269,995**

Four Bedroom Detached House. Ground Floor Cloakroom. Quiet Cul De Sac Location. Corner Plot. Extended to Side. Council Tax Band E. EPC Rating: 'E'.

**Benfleet 01268 565555**

**Maplin Close, SS7 £279,995**

No Onward Chain. Four Bedroom Semi-Detached House. Popular Cul De Sac Location. Impressive Lounge. Separate Dining Room. 18'4 Kitchen/Breakfast Room. 19ft 11in Double Glazed Conservatory. En-Suite Bathroom To Master. Secluded Rear Garden Approximately 75ft Wide. Ample Parking to Front. EPC Rating: 'D'.

**Benfleet 01268 565555**

**Plot, Oakfield Road, SS7 £299,995**

New Four Bedroom Semi-Detached House. Internal White Panelled Doors With Chrome Fittings. Fully Fitted Kitchen With Integrated Appliances. Master Bedroom With Shower Room. Popular South Of A13/A127 Position. 70ft Approximate South Backing Gardens. Stunning Finish Throughout. Plans Held For Early Viewings.

**Benfleet 01268 565555**

**Heeswyk Road, SS8 £225,000**

Great Detached Family Home. Three Double Bedrooms. L-Shaped Lounge. Walk-In Wardrobe To Master Bedroom. Side Access. Garage & Parking. No Onward Chain. Energy Rating: 'F'.

**Canvey Island 01268 510510**

**Thisselt Road, SS8 £230,000**

Two Bedroom Detached Bungalow. Immaculate Interior. Close To Town Centre. Dining Room/Third Bedroom. Modern Bathroom And En-suite. South West Facing Garden. No Onward Chain. Energy Rating: 'D'.

**Canvey Island 01268 510510**

**Work in Canary Wharf?**

**Why not commute from  
Canvey or Benfleet in Essex  
and be there in under an  
hour\*!**

\*Route time based on 7:39 C2C train from Benfleet Station

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**01268 565555**  
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